

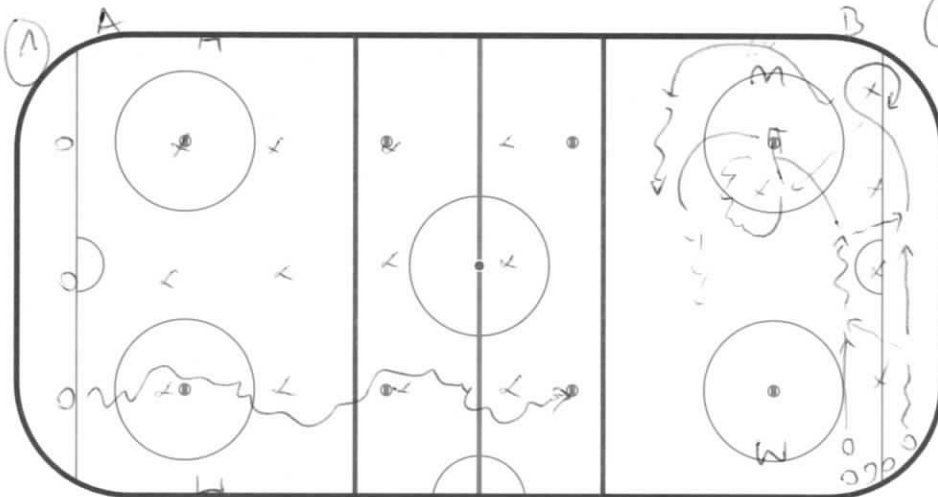


TEAM: U11

DATUM: 12.4.22

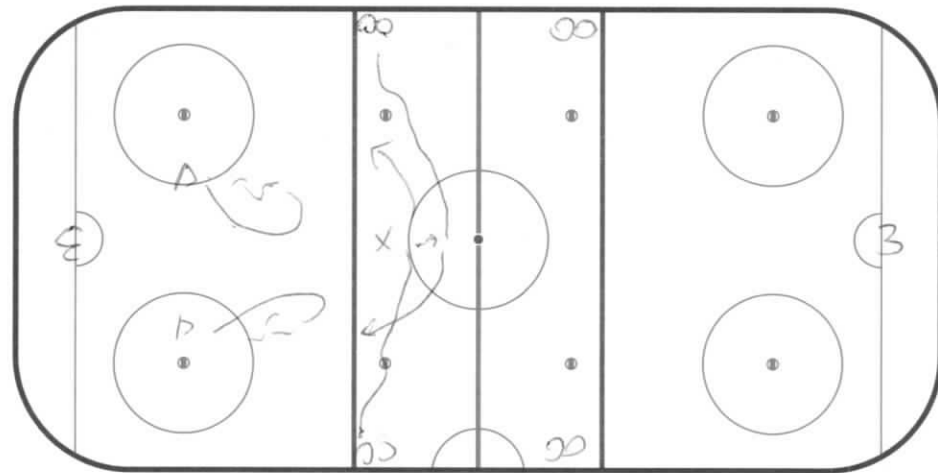
TRAINER: Martin, Dominik

# TRAININGSPLAN

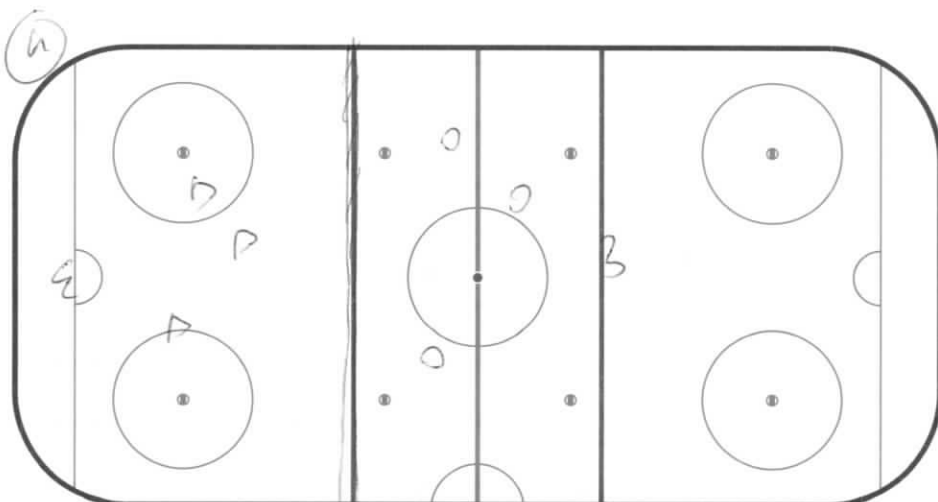


① A Shitzhandling  
B 2:0 / 1:1

2 x 10 min



② Spiel (kleine + große Tore)  
2:2 / 3:3  
2 x 8 min



③ 2:2 mit Keuer  
10 min

④ Spiel 40x30  
mit Abseits



TEAM: U11

DATUM: 7.4.22.

TRAINER: Markus, Jürgen, Marinus

---

---

---

---

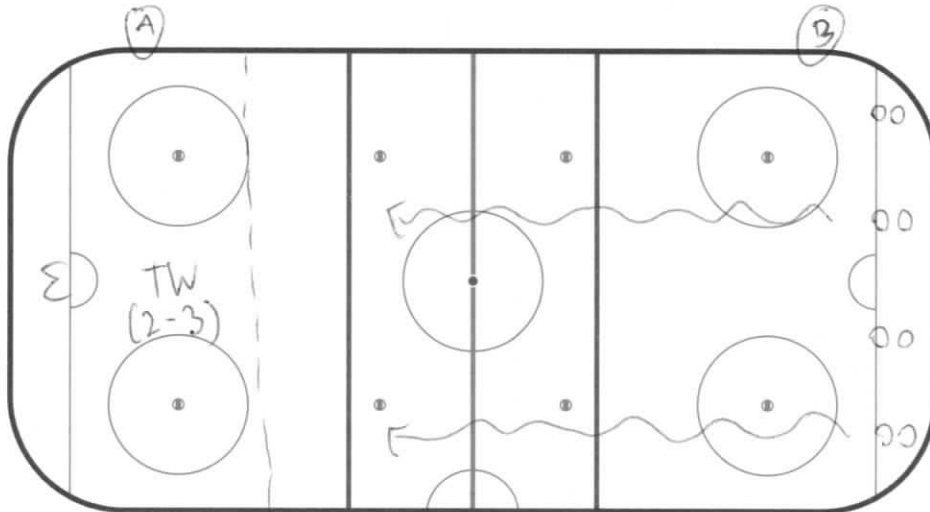
---

---

---

---

# TRAININGSPLAN

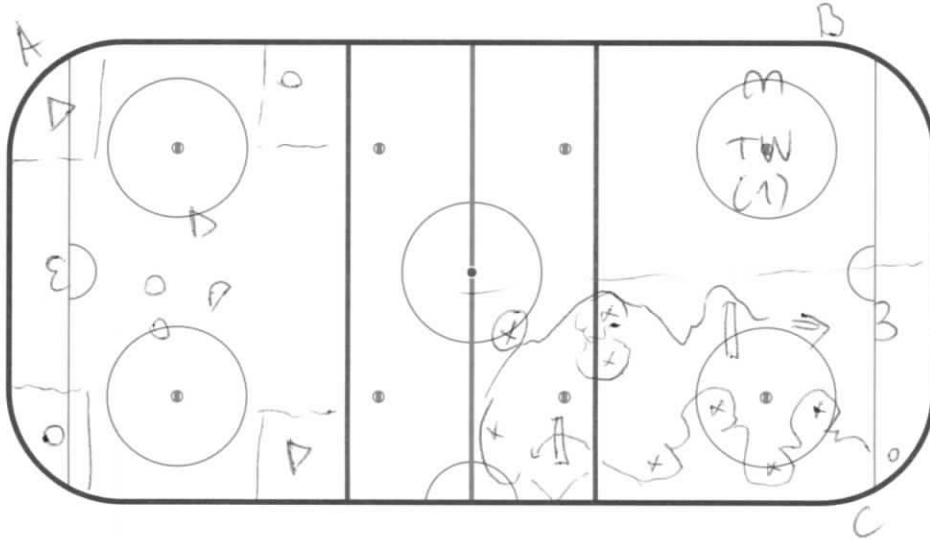


① TW / Spieler Skating  
10 min

A TW

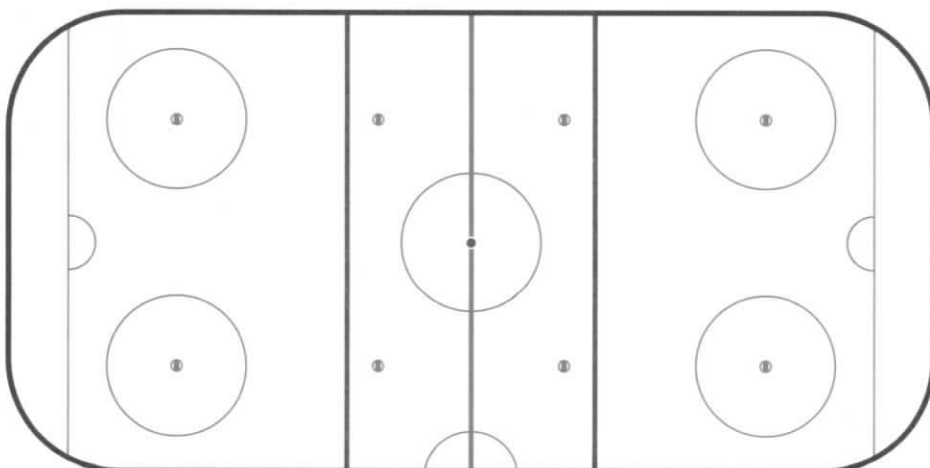
B Spieler

10 min



② A Spiel mit 2 Joker  
B TW Übung  
C Parcours

3 x 10 min



③ Spiel Großfeld

15 min

---

---

---

---

---

---

---

---



TEAM: U11

DATUM: 5.4.22

TRAINER: Marhu, Markus, Danni

---

---

---

---

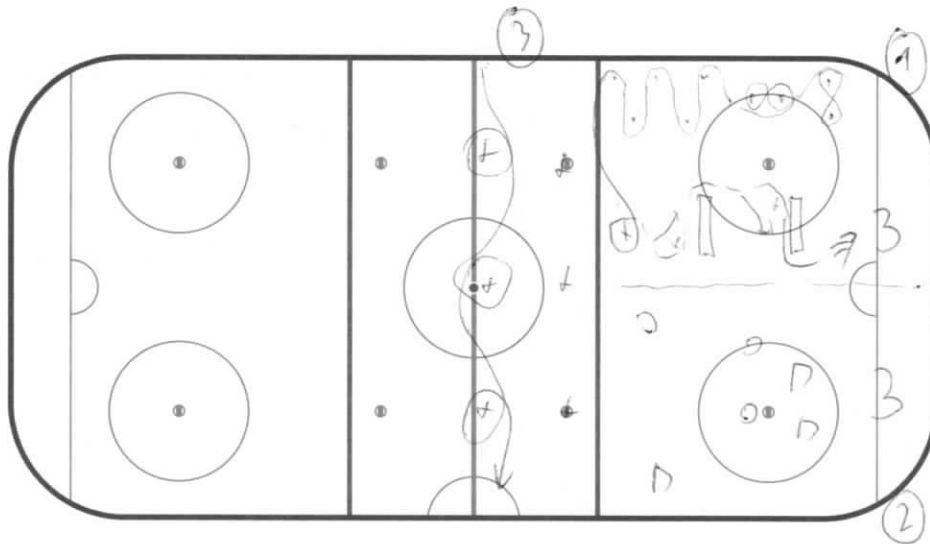
---

---

---

---

# TRAININGSPLAN

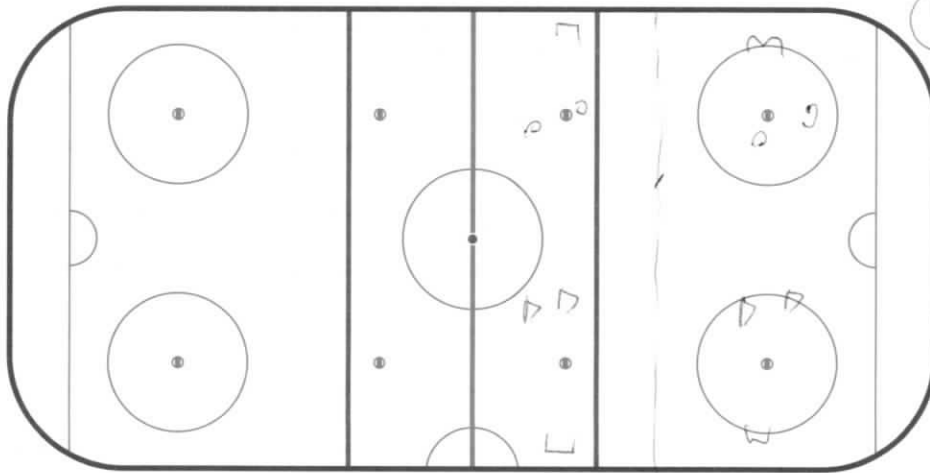


① Stickhandling

② Spiel 2:2 mit Joter

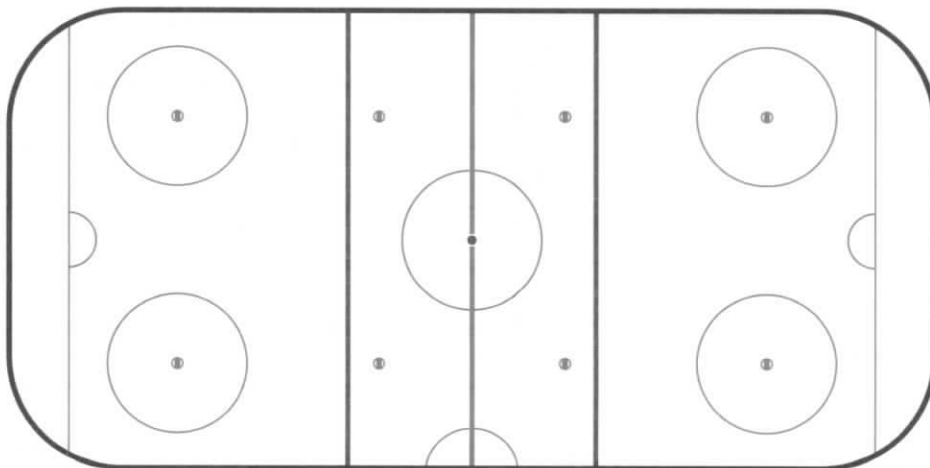
③ Staking

9+10 min



② Spiel 2:2  
2x 5 min

③ Spiel 4:4 quer  
15 min



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 31.3.22  
TRAINER: Martin, Jürgen

---

---

---

---

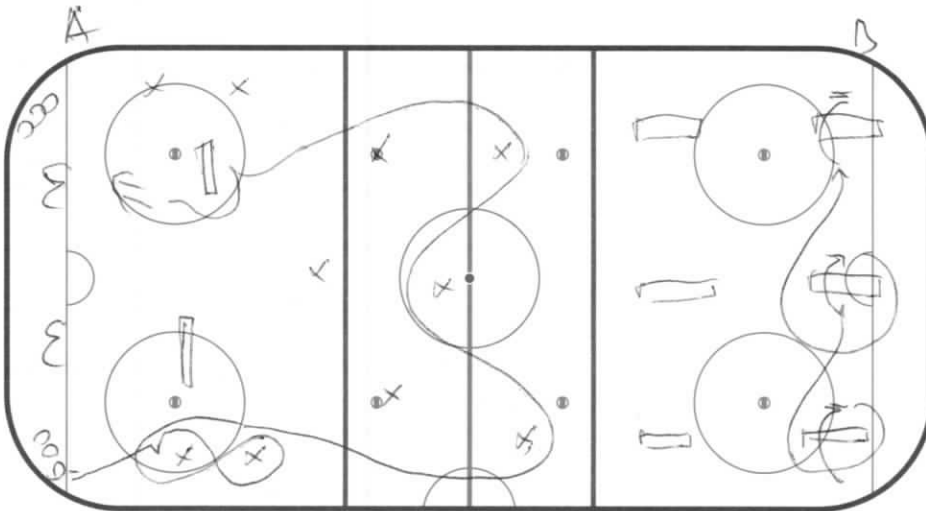
---

---

---

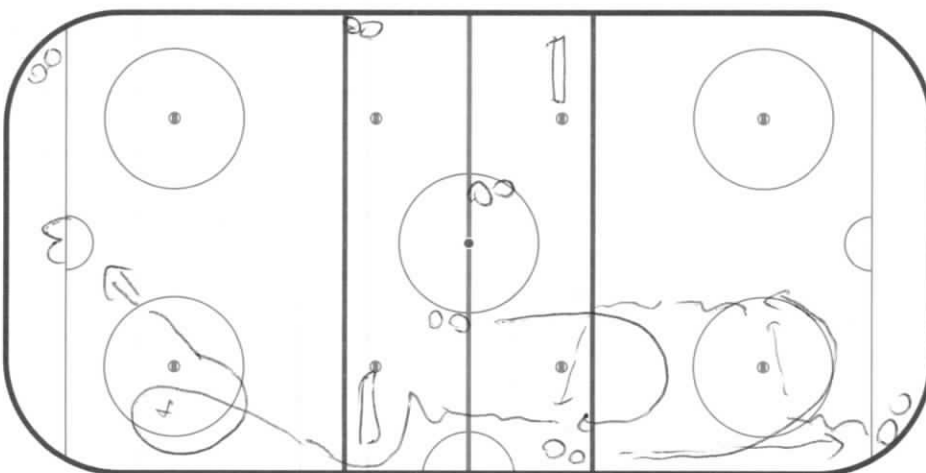
---

# TRAININGSPLAN

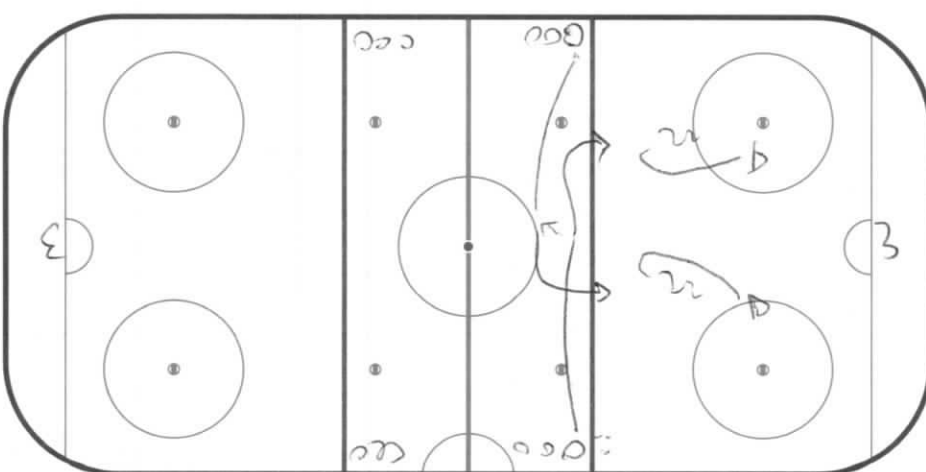


① A 1:0 Puckführung  
vw → vw/rw

B Skating Sprünge  
2x 10min



② Paare 1:0  
10min



③ 2:2 mit Kreisen  
F → D  
10min

④ Spiel Großfeld  
15min



TEAM: UM  
DATUM: 29.3.22  
TRAINER: Marlin, Markus,  
Domi

---

---

---

---

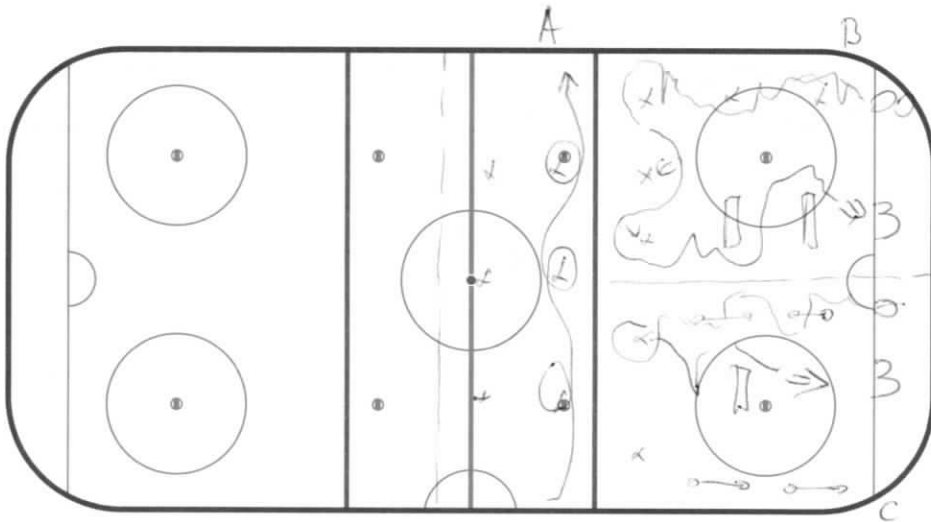
---

---

---

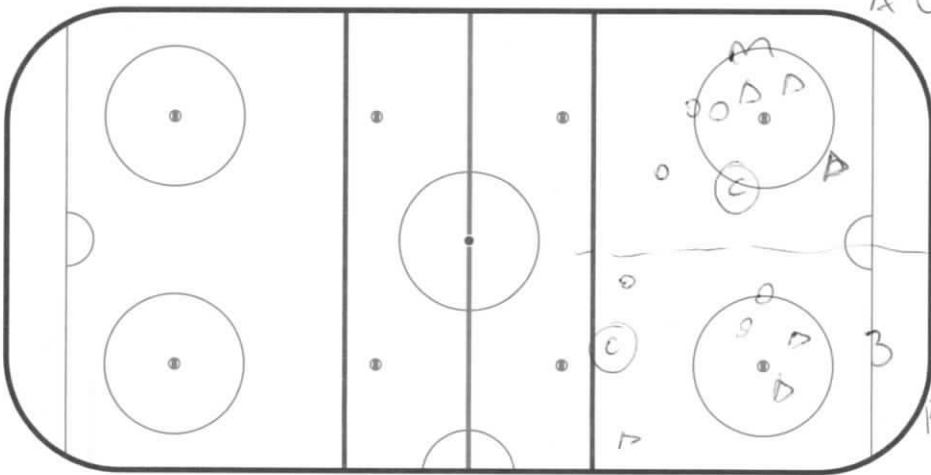
---

# TRAININGSPLAN



① A Stahing  
B laufen mit Schabe  
C Stickhandling

3 x 10min

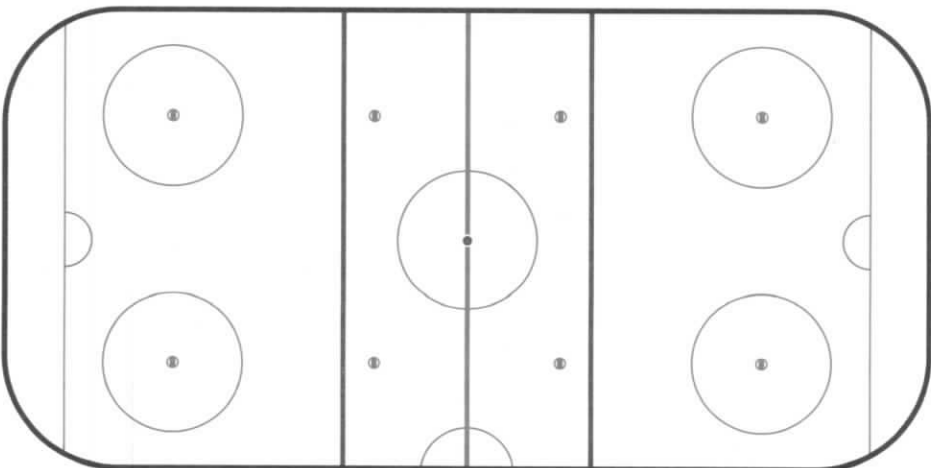


② A 2:2 mit Joker quer

B 2:2 mit Joker hoch

→ Pass auf Joker bei  
Scheibengewinn

2 x 8min



③ Spiel 4:4 quer

10min

---

---

---

---

---

---

---

---



TEAM: MM  
DATUM: 22.3.22  
TRAINER: Martin, Markus

---

---

---

---

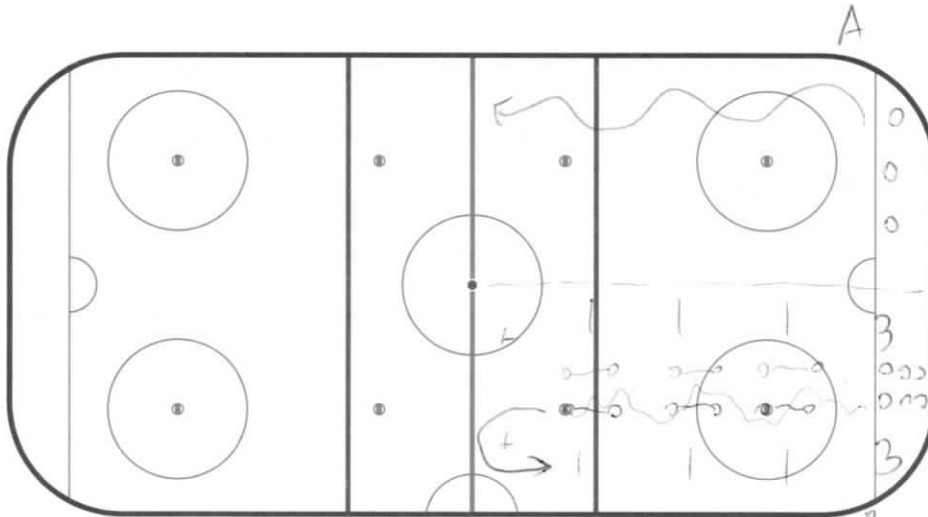
---

---

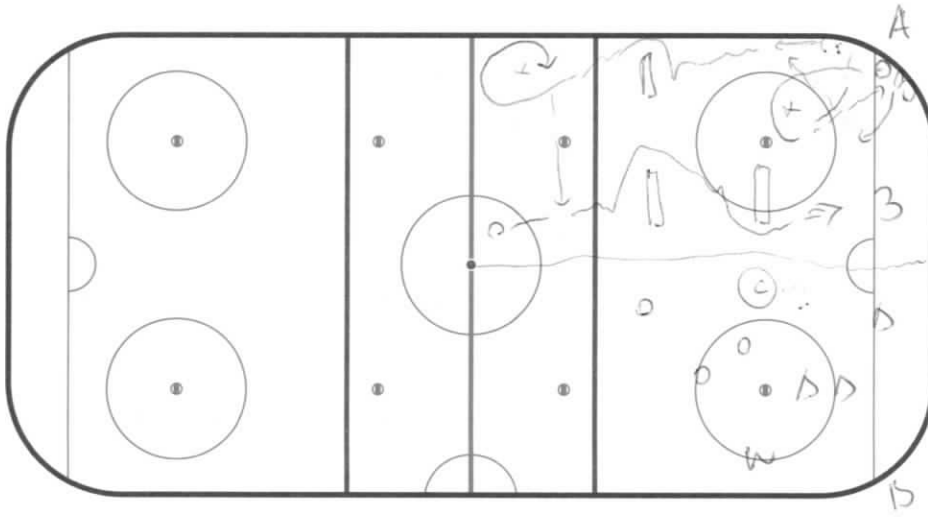
---

---

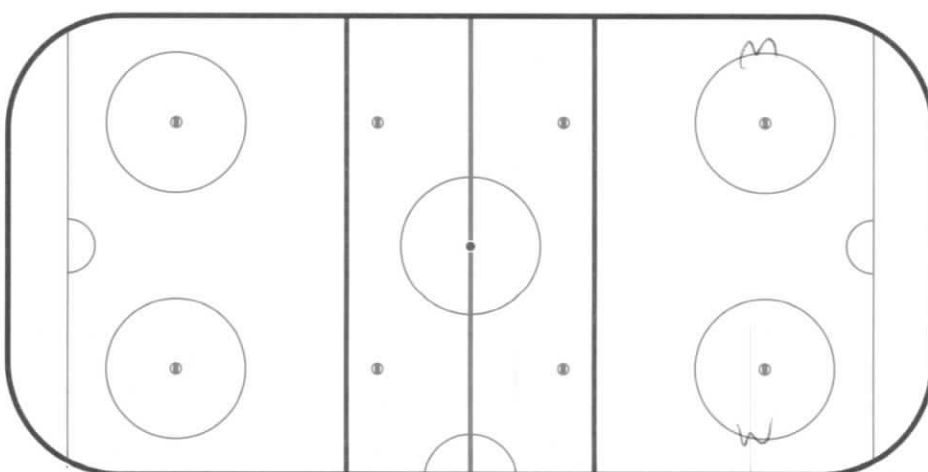
# TRAININGSPLAN



A Skating ABC  
B Stützhandlung  
2x 10min



A Parcours mit Passen aus dem Lauf  
B Spiel 2:2 mit Joker  
2x 10min



Spiel 3:3 / 4:4  
15min



TEAM: A11  
DATUM: 17.3.22  
TRAINER: Martin, Domi

---

---

---

---

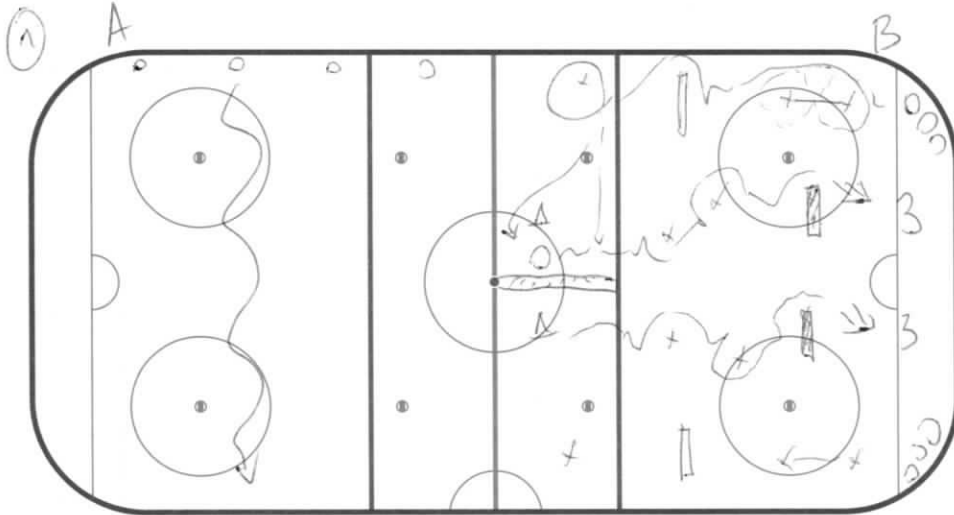
---

---

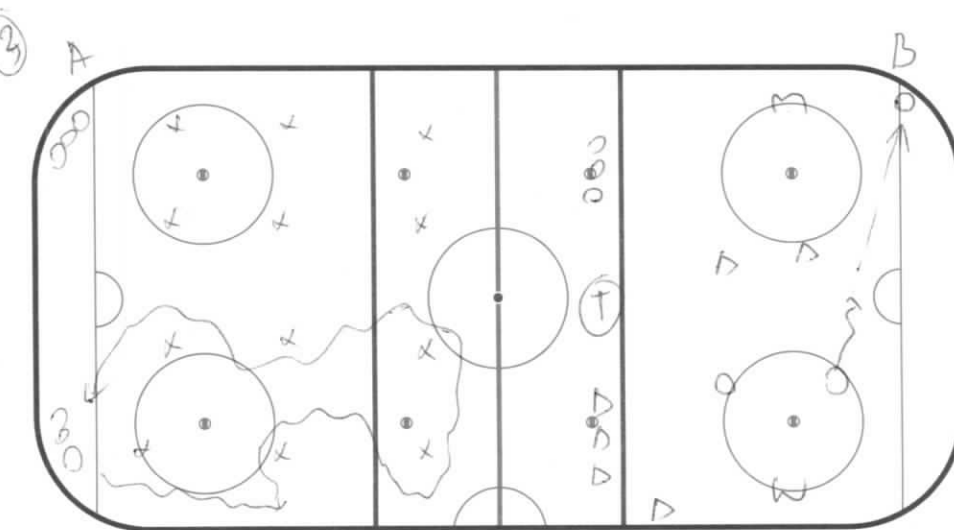
---

---

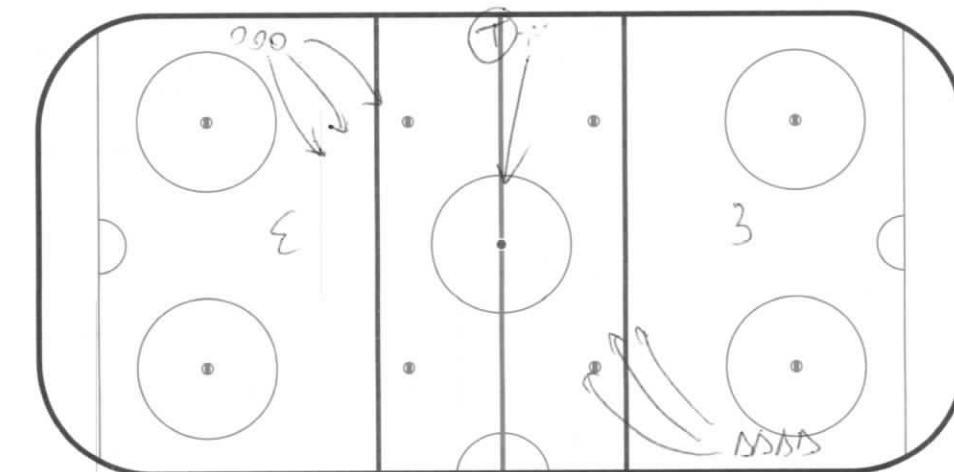
# TRAININGSPLAN



① A Skating -  
langu Schritt  
B Parcours  
Stickhandling  
2 x 10min



② Spiel eine Seite  
3x3 netto  
8min



③ A Stickhandling  
Tempo!  
B 2:2 # offensivjoker  
2 x 10min

④ Spiel 40 x 30  
3:3  
10min

---

---

---

---

---

---

---

---



TEAM: CM1

DATUM: 10.3.22

TRAINER: Markus, Jürgen

---

---

---

---

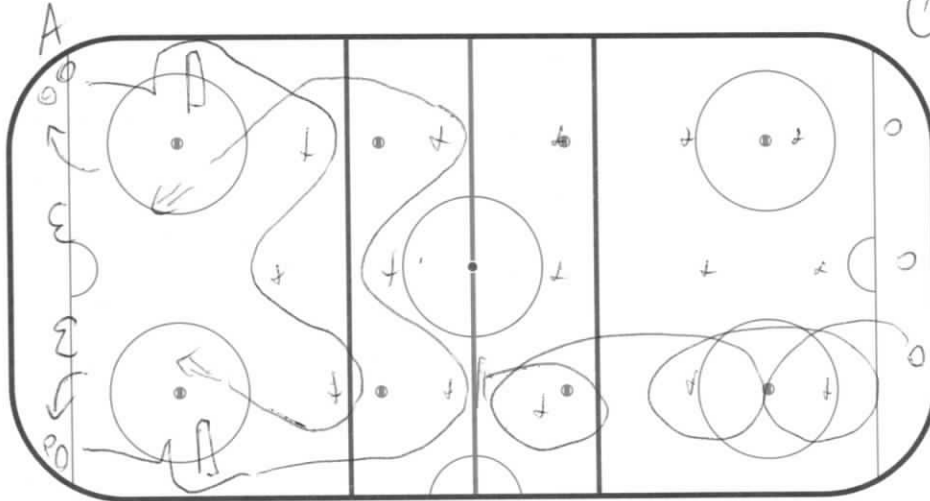
---

---

---

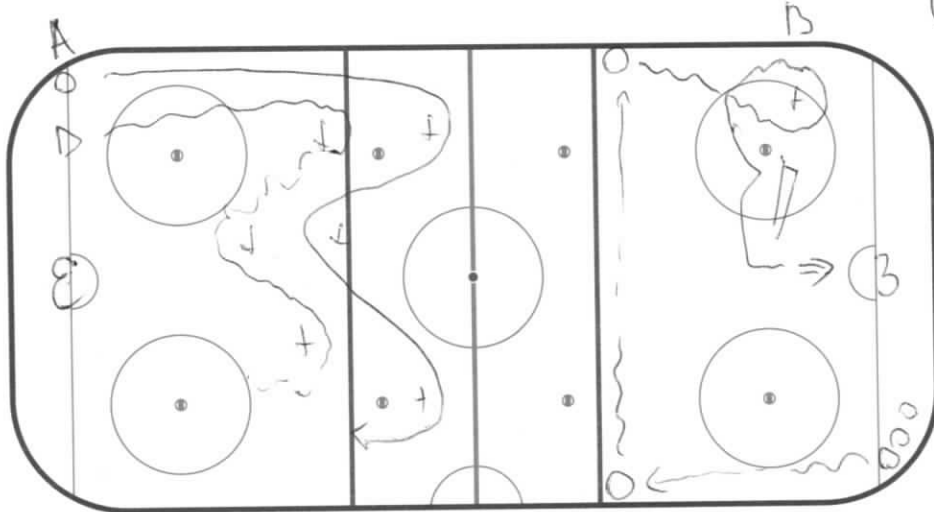
---

# TRAININGSPLAN



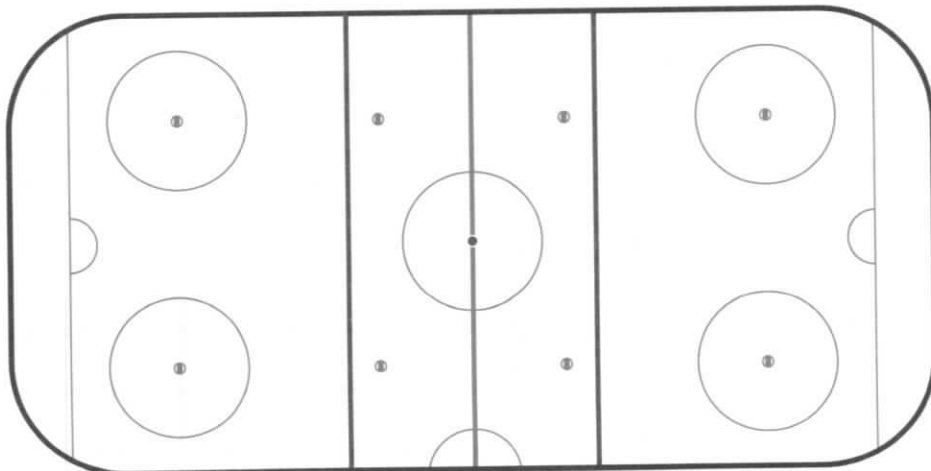
① A Laufen mit Spitze  
1. vw  
2. Hip Opener je 2x  
3. vw/lw

B Startiny Überscher  
große Bögen  
2 x 10min



② A 1:1 Schattenlaufen  
B 1:0 Passen aus dem  
Lauf

2 x 8min



③ Spiel  
- 4v3 mit Joker 3:3  
10min

- 5:5 Großfeld  
10min





TEAM: U11  
DATUM: 9.3.22  
TRAINER: Jürgen Vitus

---

---

---

---

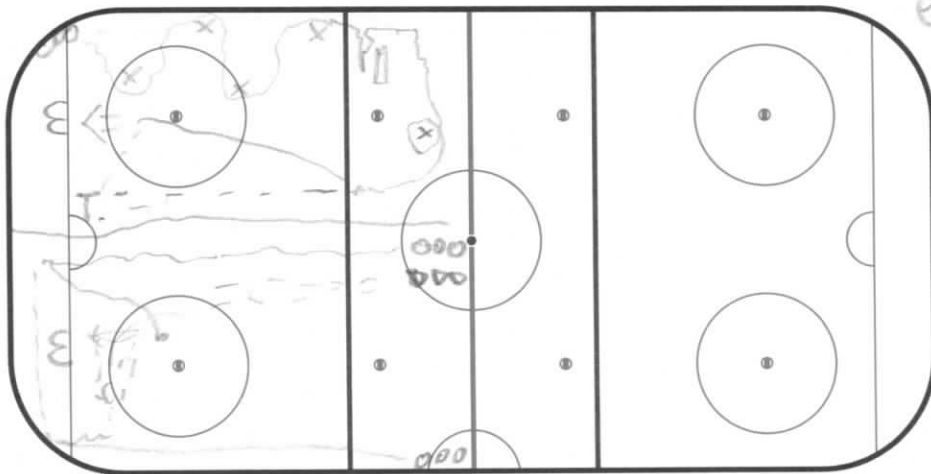
---

---

---

---

# TRAININGSPLAN



① 1/0

---

---

---

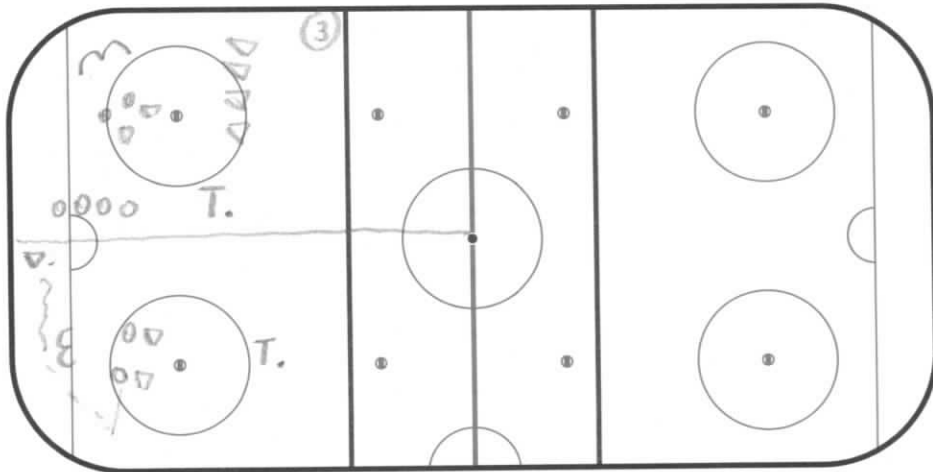
---

---

---

---

---



② 2/1 mit Querpass hinterm Tor

---

---

---

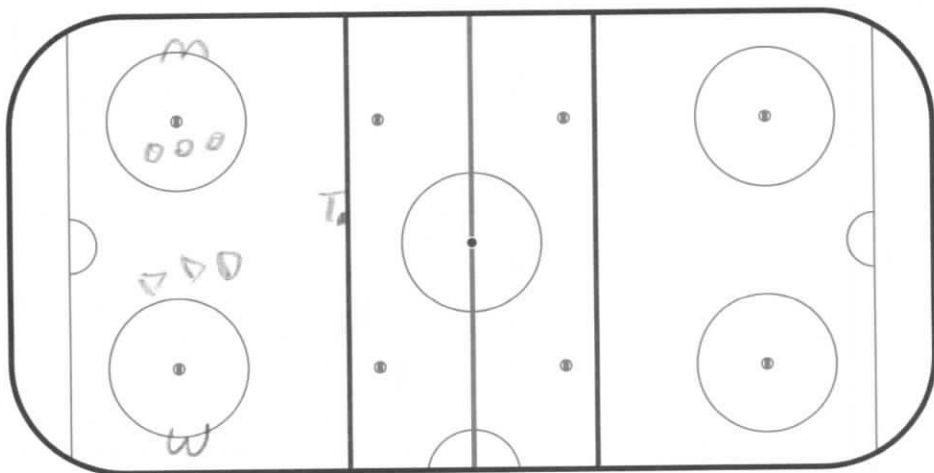
---

---

---

---

---



③ Spiel 3/3 mit Joke

---

---

---

---

---

---

---

---



TEAM: MM  
DATUM: 8.3.22 15<sup>10</sup>-16<sup>10</sup>  
TRAINER: Martin, Markus,  
Domi

---

---

---

---

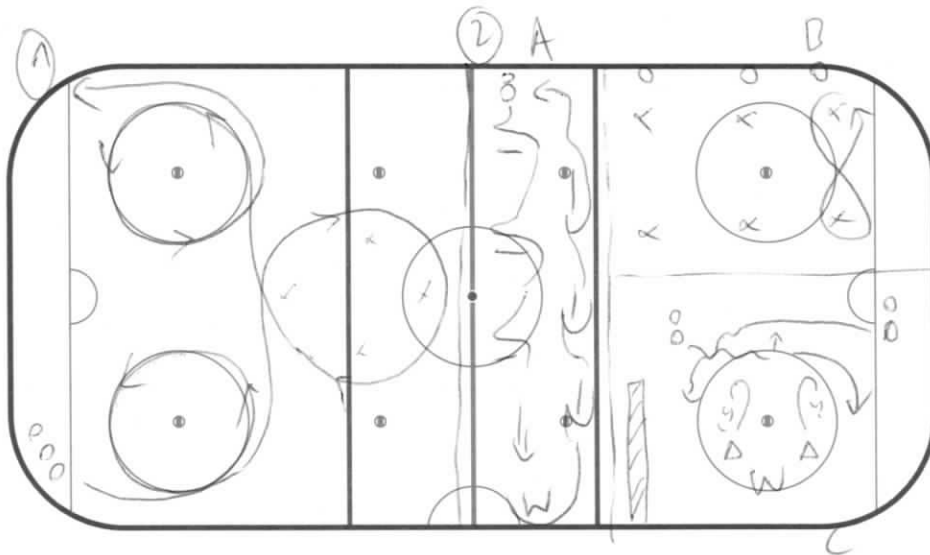
---

---

---

---

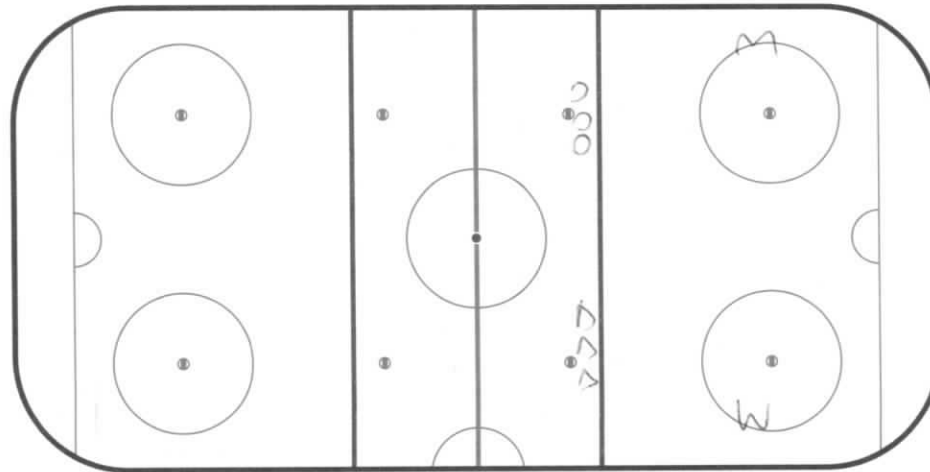
# TRAININGSPLAN



① Überschen  
VW / VW-RW 2x  
RW 1x  
7 min

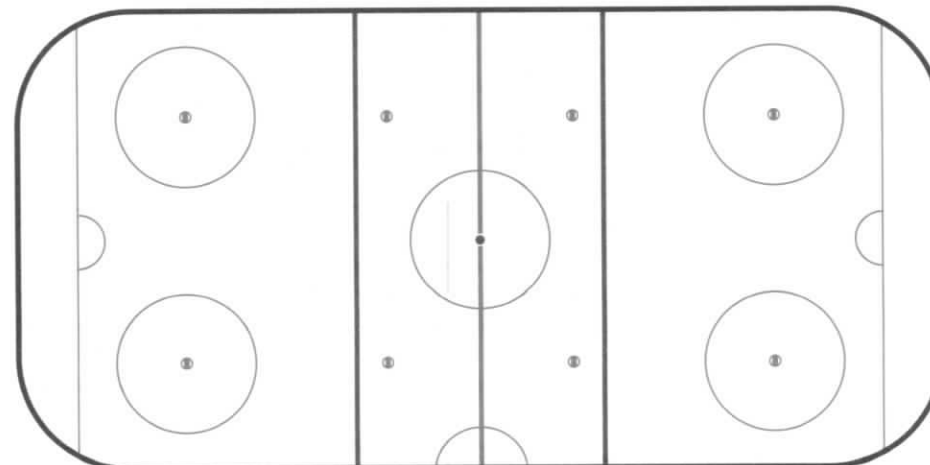
② A) Toe Drag-Stocktechnik  
B) 8-ter  
Ik, Ak (opt. mit Knie)  
Hip opener, VW-RW,  
VW-RW reverse  
c) 2-2 mit Kreuzen

3 < 10 min



③ Spiel 4:4

15 min



---

---

---

---

---

---

---

---



TEAM: U11

DATUM: 3.3.22

TRAINER: Jürgen  
Domi

---

---

---

---

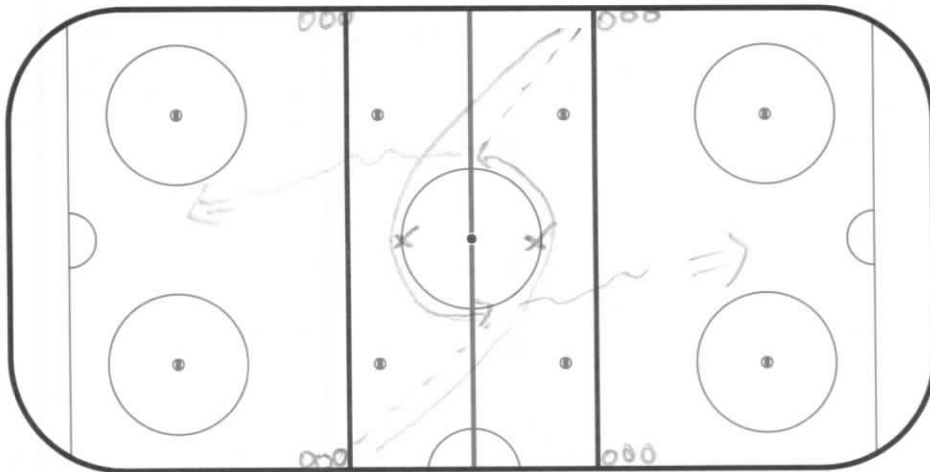
---

---

---

---

# TRAININGSPLAN



1/0

---

---

---

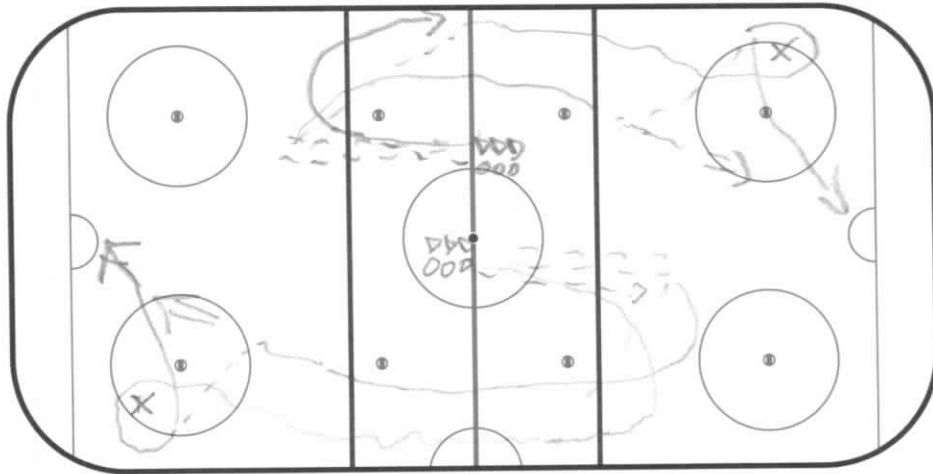
---

---

---

---

---



1/0 Schuss Verteidiger  
Nachschuss Stürmer

---

---

---

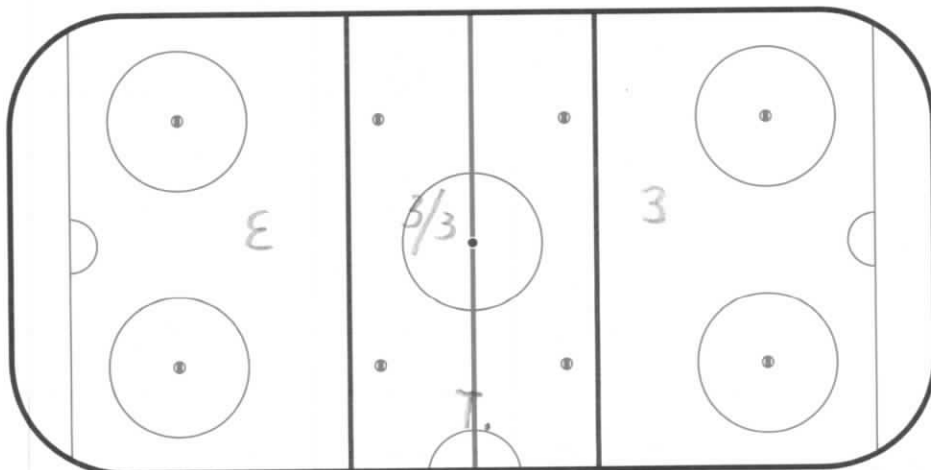
---

---

---

---

---



Spieltag 30Min  
④ 3/3 mit Yoker  
5/5 großfeld

---

---

---

---

---

---

---

---



TEAM: MM  
DATUM: 1.3.22  
TRAINER: Mathis, Yari  
Domi

---

---

---

---

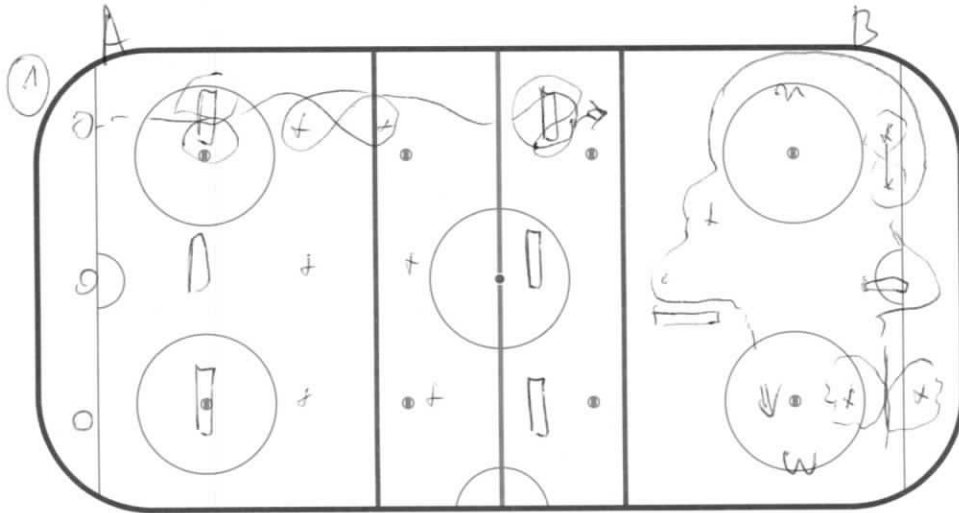
---

---

---

---

# TRAININGSPLAN

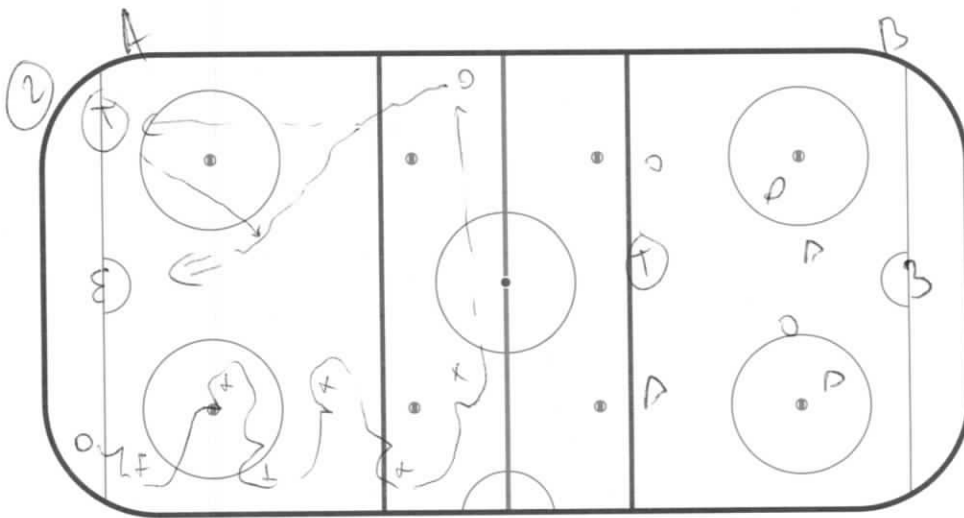


① A Stahly Sprünge

① B Parcours mit Scheibe

2. Ballu Tempo

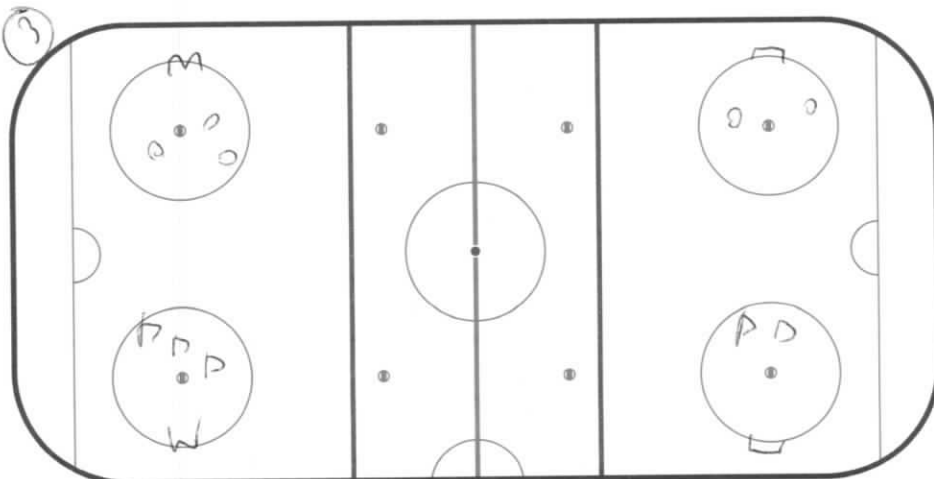
2 x 10 min



② A Stichtandlung/Passen und Abschluss

② B 2:2 mit Joker

2 x 10 min



Spiel Kleinfeld

15 min

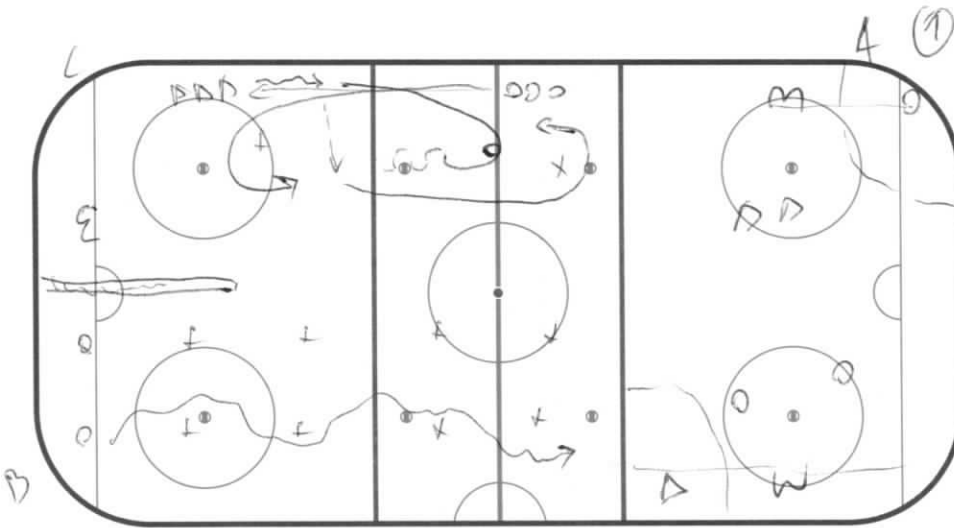


TEAM: MM

DATUM: 24.2.22

TRAINER: Martin Juri Sürgen

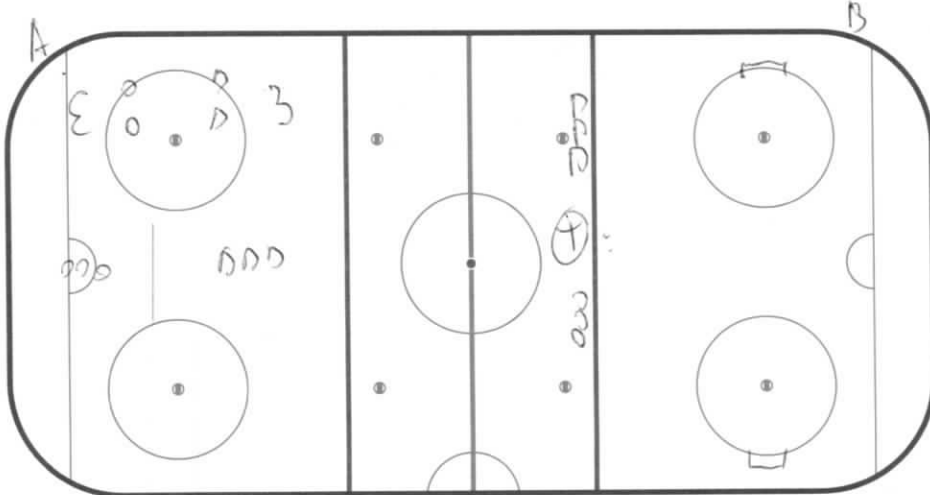
# TRAININGSPLAN



① A 2:2 + Joker (offensiv)

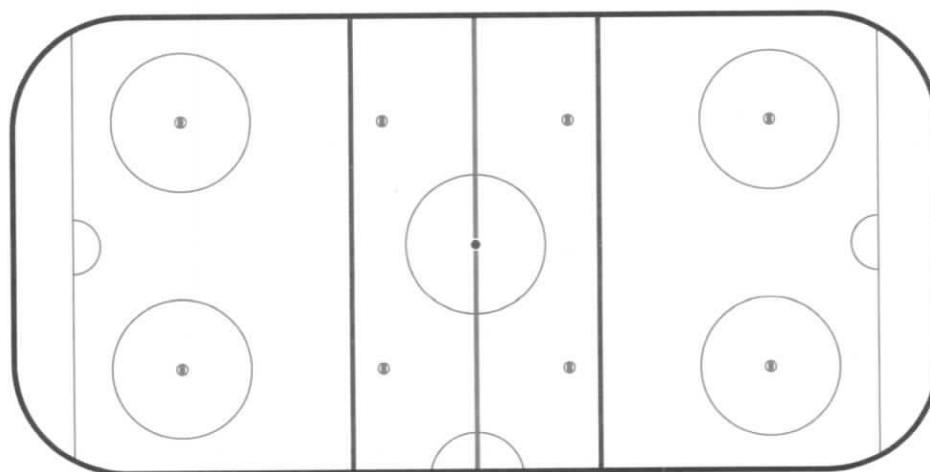
② B Sluckhandlung  
laufen mit tempo

③ C 1:1 mit Anbauformen  
3 x 10 min



② A Spiel 2:2 enger Raum

③ B 1:1 / 2:2 / 3:3  
auf kommando  
von Trainer  
2 x 8 min



③ Spiel 1:5  
10 min



TEAM: U11  
DATUM: 23.2.22  
TRAINER: Jögen  
Domi

---

---

---

---

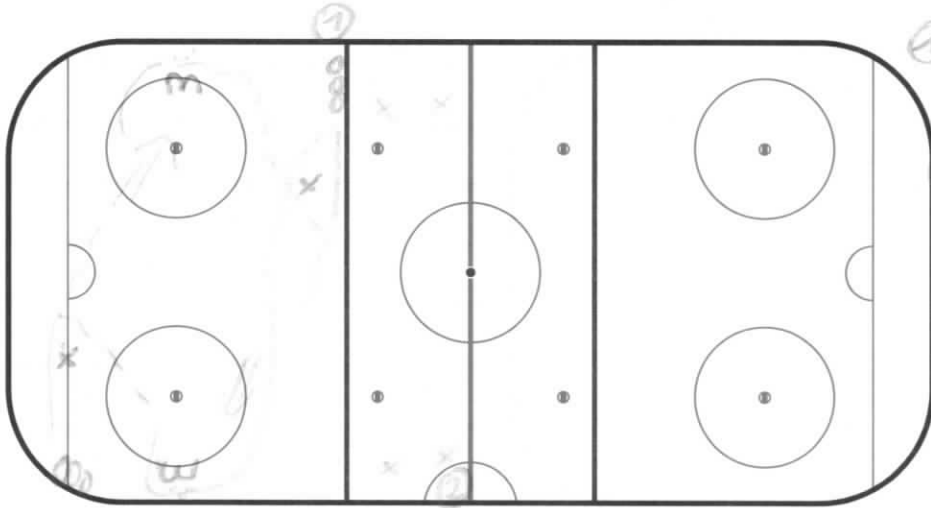
---

---

---

---

# TRAININGSPLAN



① 1/0

② Stick handling

---

---

---

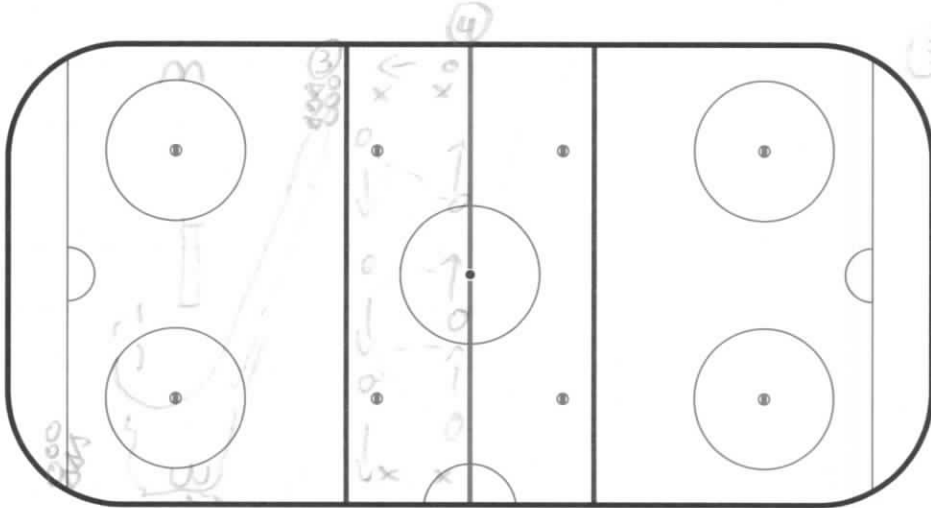
---

---

---

---

---



③ 1/1 Verteidiger

Schattenlauf, Störmer  
ausgeben, Torwart

④ Passübung

---

---

---

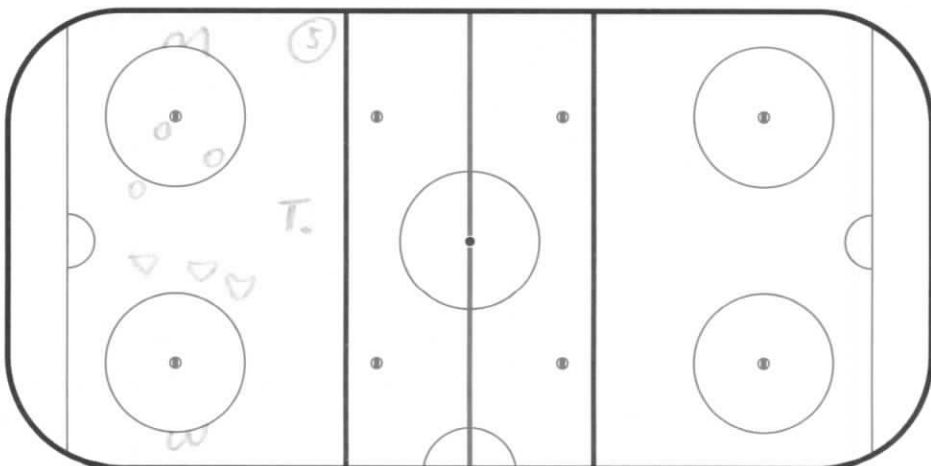
---

---

---

---

---



⑤ Spiel 3/3  
mit Joker

---

---

---

---

---

---

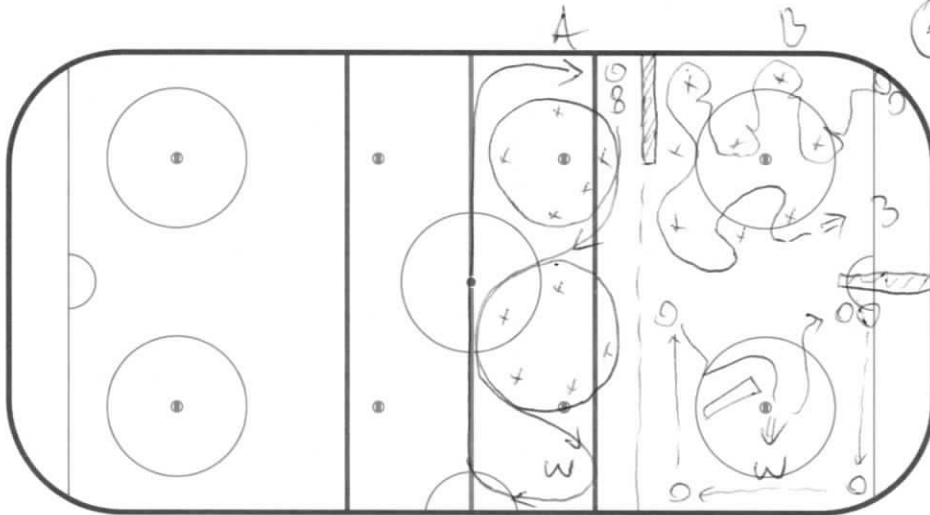
---

---

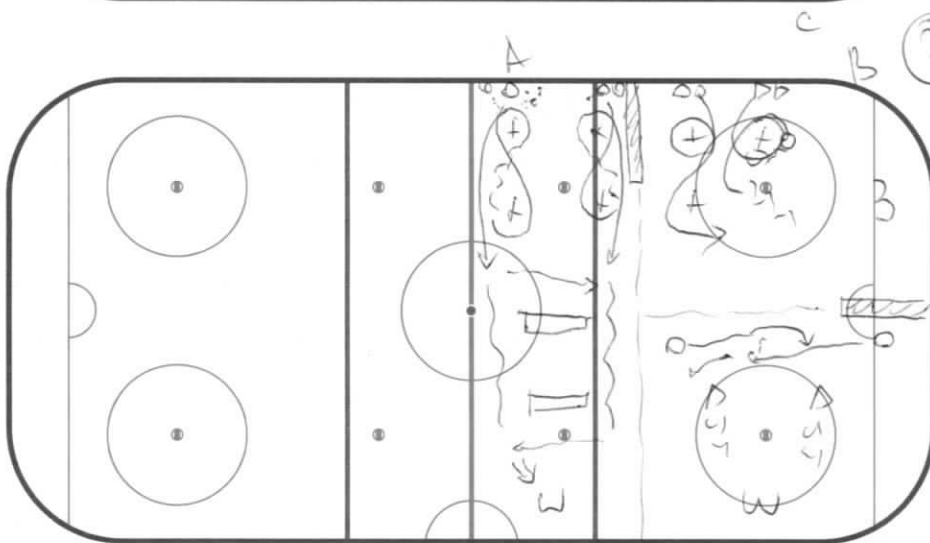


TEAM: U11  
DATUM: 22.2.02  
TRAINER: Markus & Danni  
Markus

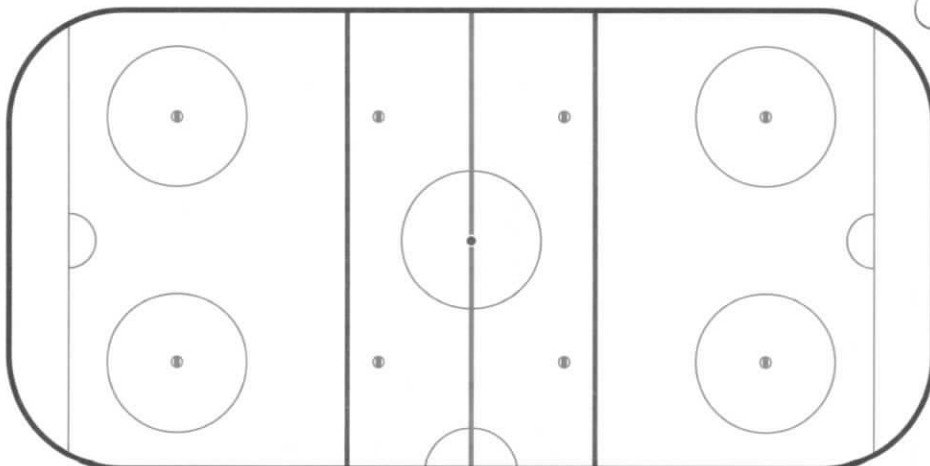
# TRAININGSPLAN



- ① A Skating Übersehen  
vw - vw/rw
- B Stickhandling Parcours
- C Passen  
Pass folgen  
3 x 7 min



- ② A 2:0
- B 1:1
- C 2:2 mit Kreisen als  
Start  
Stürmer → Verteidiger  
3 x 7 min



- ③ Spiel 4:4



TEAM: UM1  
DATUM: 17.2.22  
TRAINER: Mathias Yuni,  
Sürgen

---

---

---

---

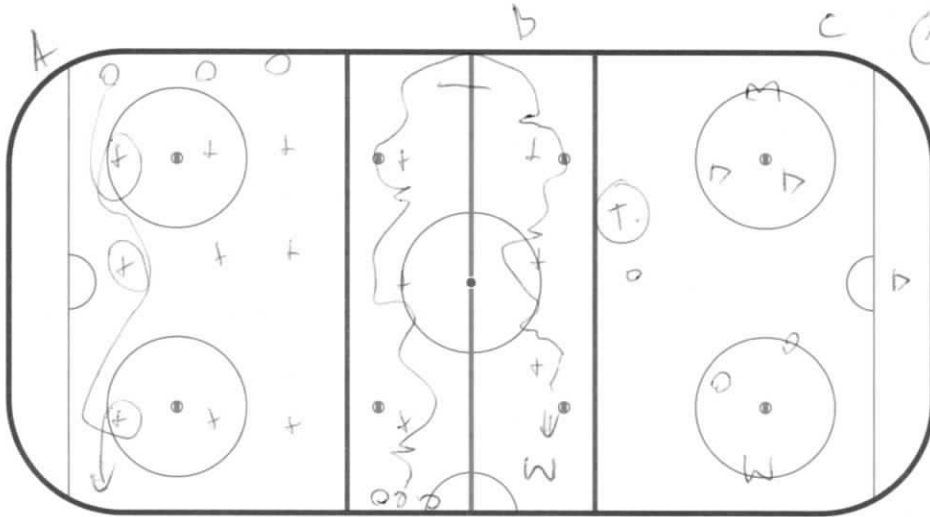
---

---

---

---

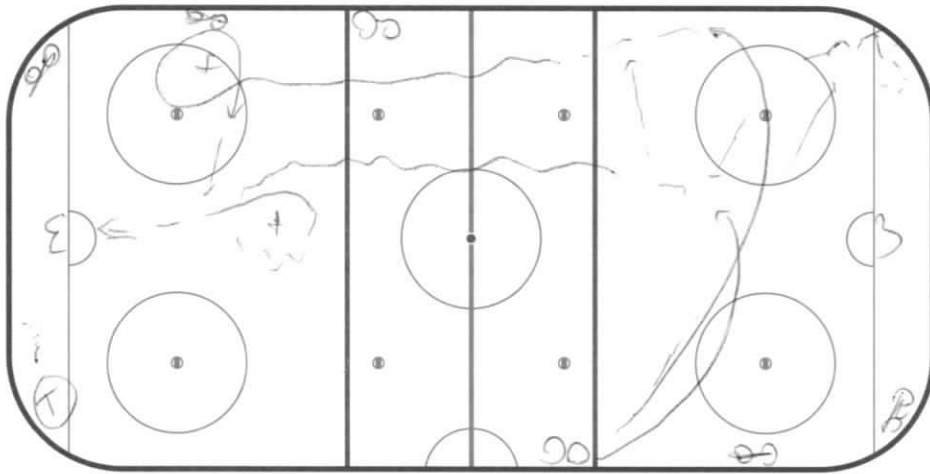
# TRAININGSPLAN



- ① A Skating kanten
- B laufen mit scheibe
- Verschied. Varianten
- C 2:2 + Joker

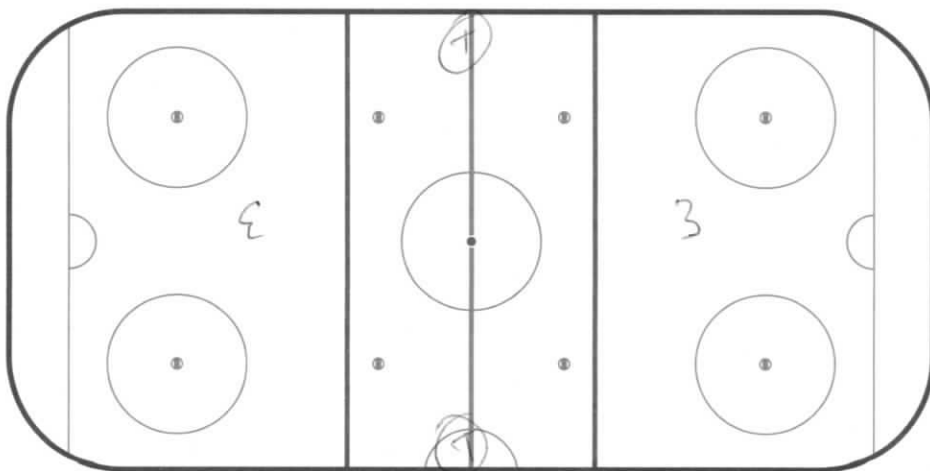
3x 10min

30min



- ② 2:0 aufs game

10min



- ③ Spiel 40:30 mit 2 Trainern Joker

10min

5:5 10min





TEAM: U11  
DATUM: 16.2.22  
TRAINER: Jürgen Domi

---

---

---

---

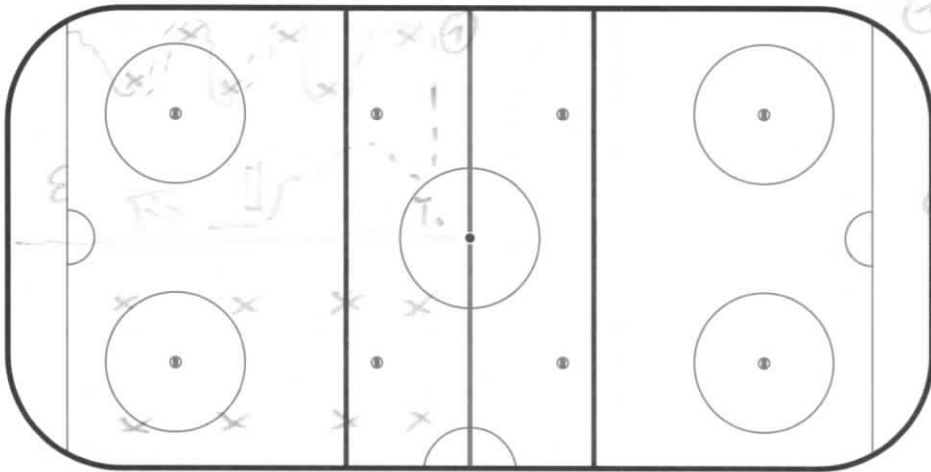
---

---

---

---

# TRAININGSPLAN



① 1/0 Vorwärts, Rückwärts

---

---

---

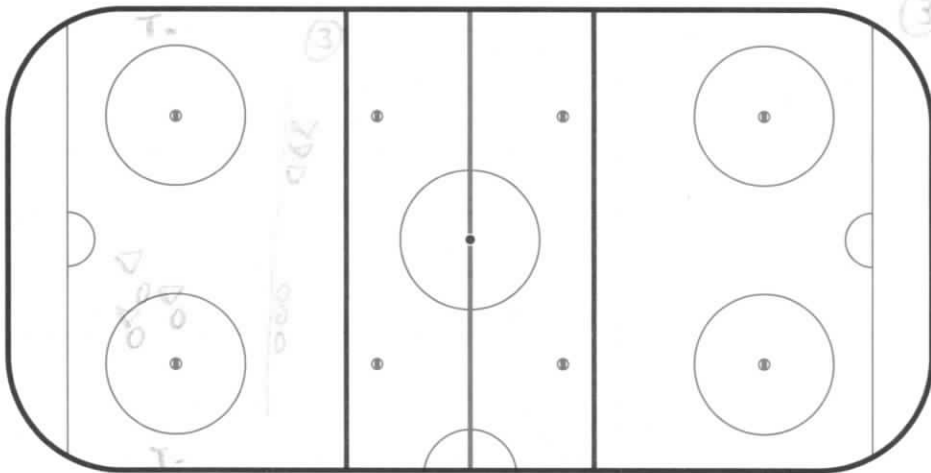
---

---

---

---

---



② Stichthandling Down

---

---

---

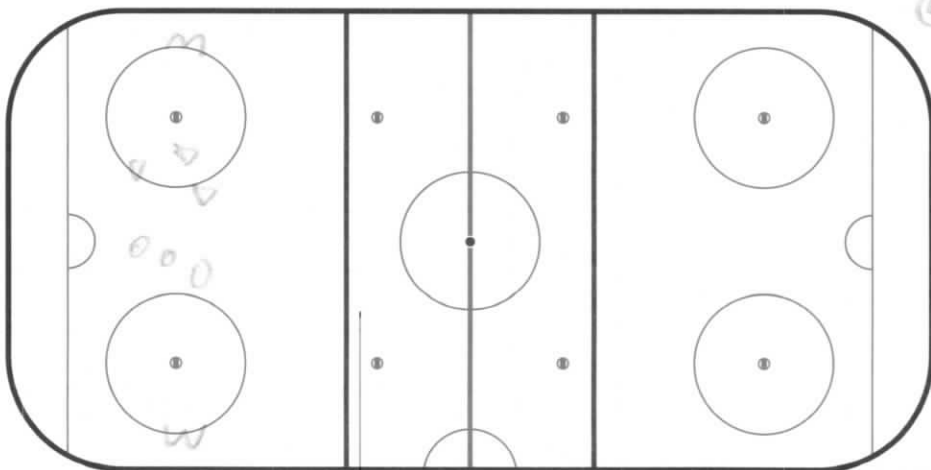
---

---

---

---

---



③ 3/3 mit 2 Jokern

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 15.2.22  
TRAINER: Marko Dovič

---

---

---

---

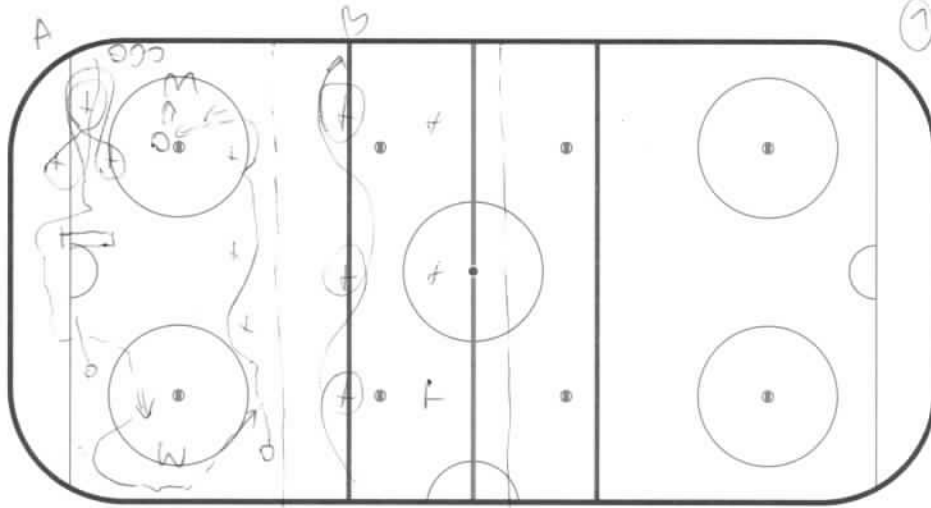
---

---

---

---

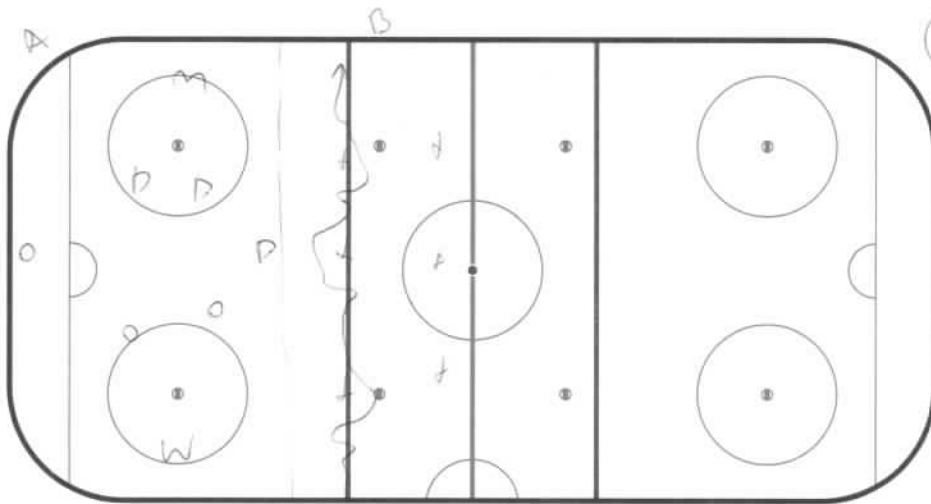
# TRAININGSPLAN



① A Parcours mit Pässen

B Stahig springen

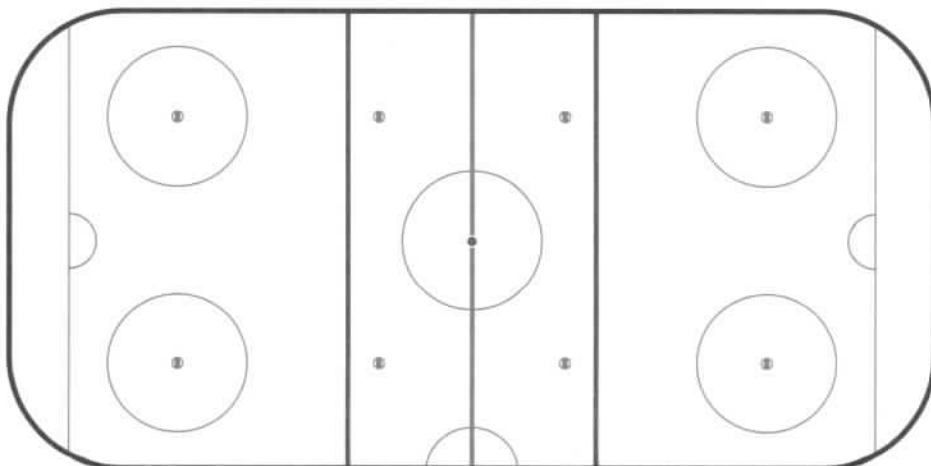
2x 10min



② A 2+2 + later (wird mit Pass aktiviert)

B Shuttlehandlung

2x 10min



③ Spiel 4:4 | 3:3

---

---

---

---

---

---

---

---



TEAM: UM  
DATUM: 10.2.22  
TRAINER: Martin, Jürgens,  
Dami(?)

---

---

---

---

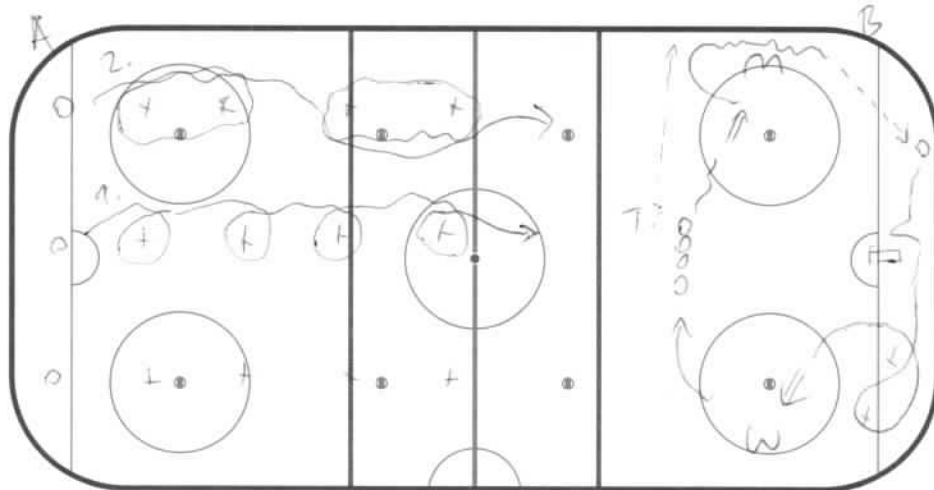
---

---

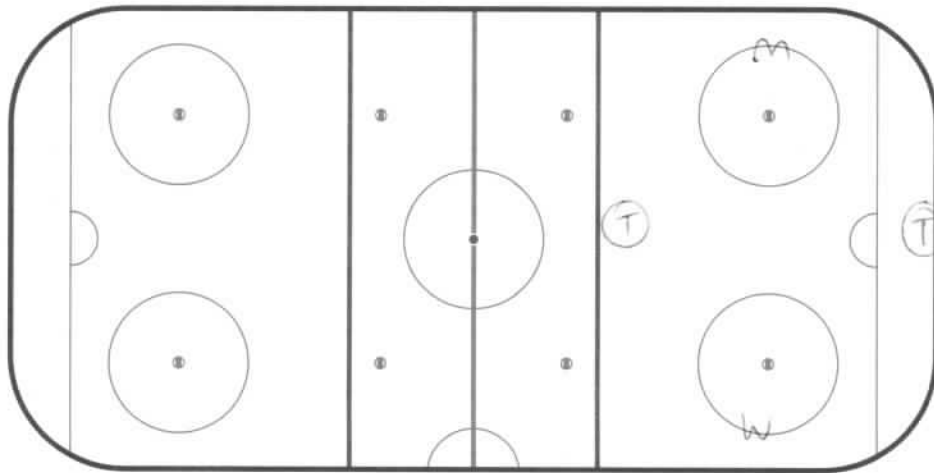
---

---

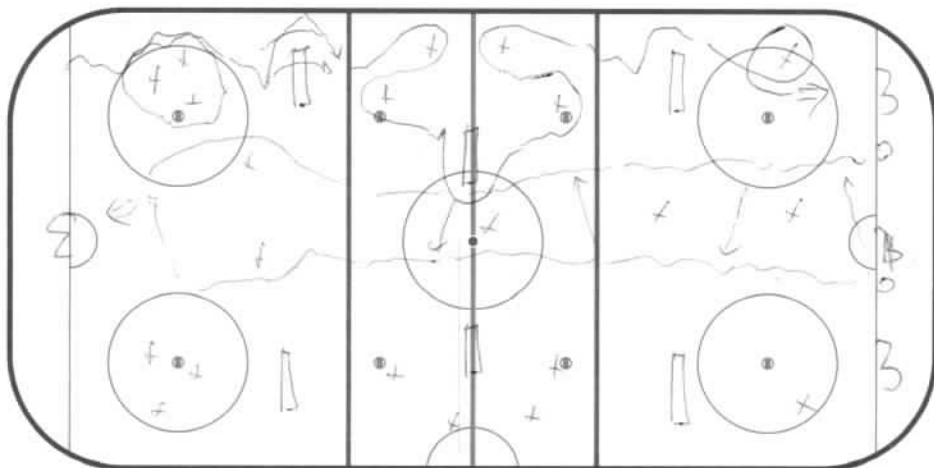
# TRAININGSPLAN



① A Skating  
B Schuß, Aufbaupass  
1:0  
→ Seitenwechsel 5min  
2x 10min



② Spiel 3:3  
(Trainingsjoker)  
8min



③ Parcours fahren mit  
Schleife  
→ 2:0 mit Passen  
12min

④ Spiel 40:30 3:3 + Joker  
10min

⑤ Spiel 5:5 ganzes Eis



TEAM: UM  
DATUM: 9.2.22  
TRAINER: Jürgen  
Domi

---

---

---

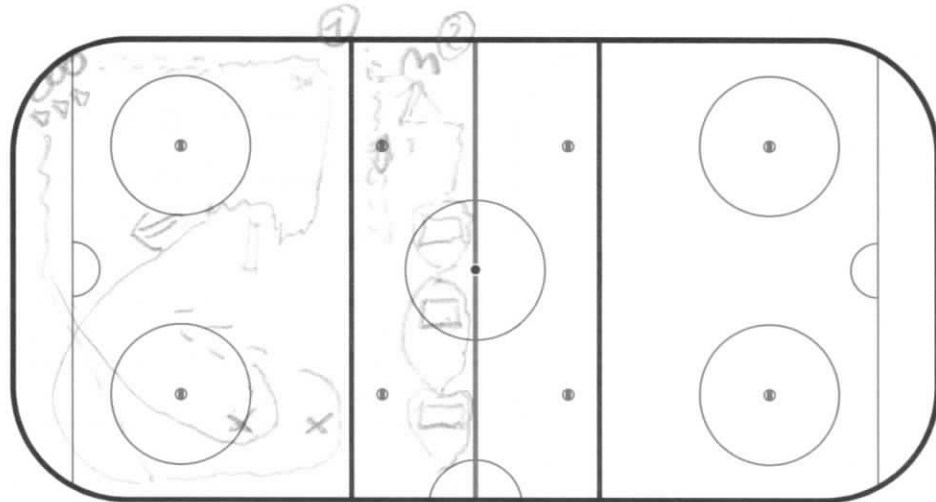
---

---

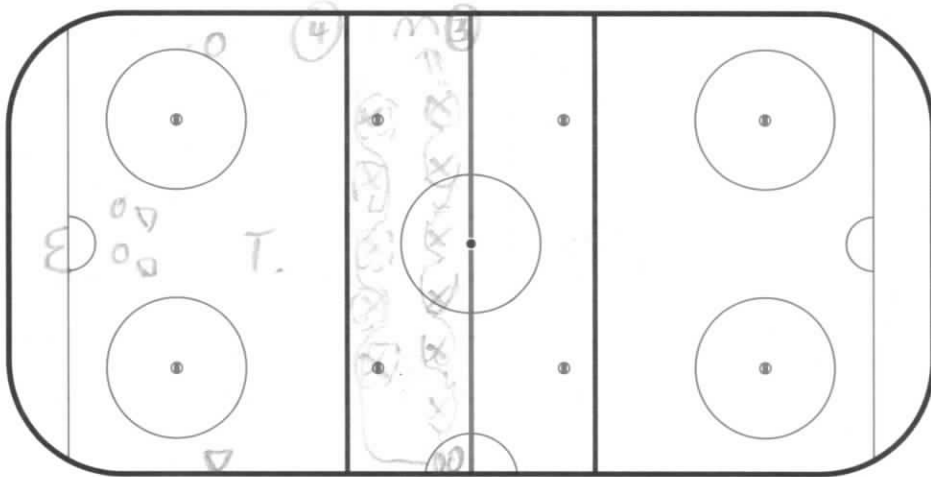
---

---

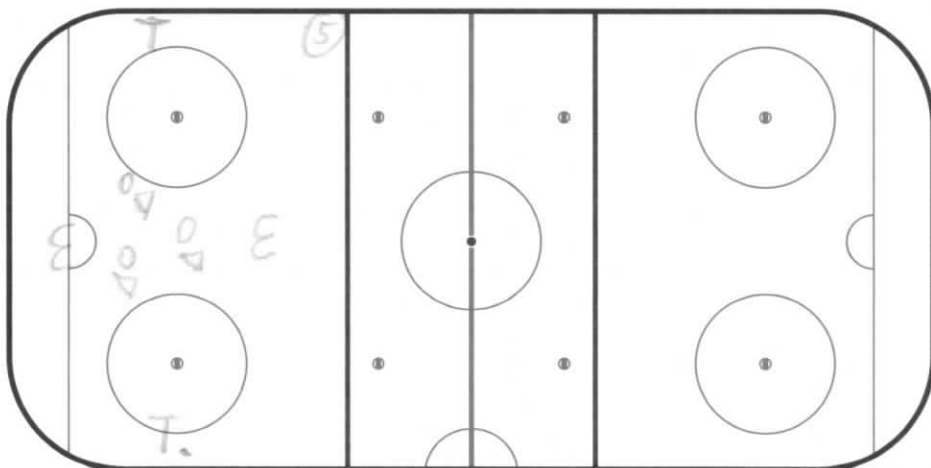
---



① 1/0 / 1/1  
② Scheiben Übergabe,  
Rückwärts passen



③ Stichhandlung  
④ 2/2 mit Joker



⑤ 3/3 mit  
Joker



TEAM: UM1  
DATUM: 8.2.22  
TRAINER: Martin, Domi

---

---

---

---

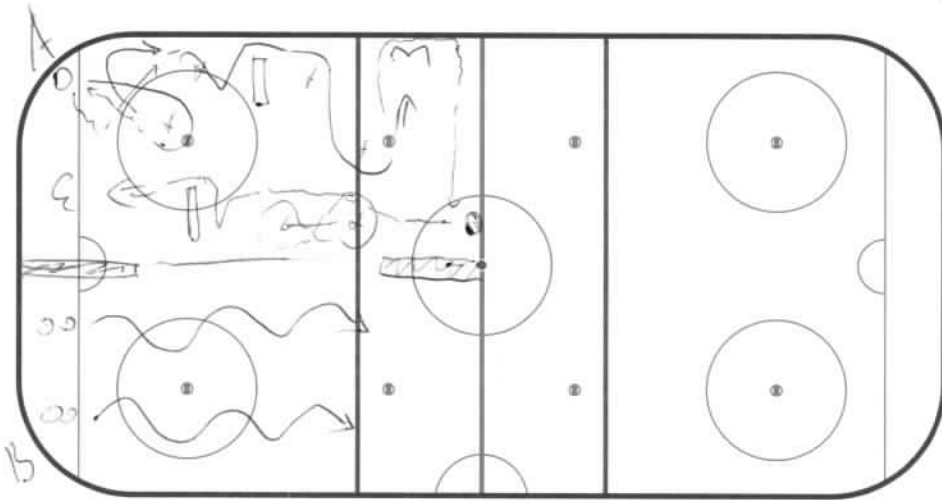
---

---

---

---

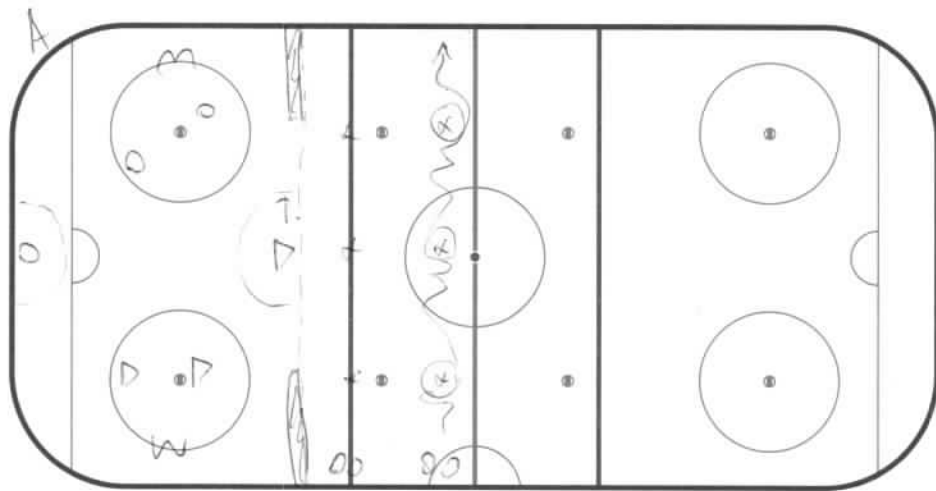
# TRAININGSPLAN



① A) Parcours mit Pässen

b) Stehling

2x 10min

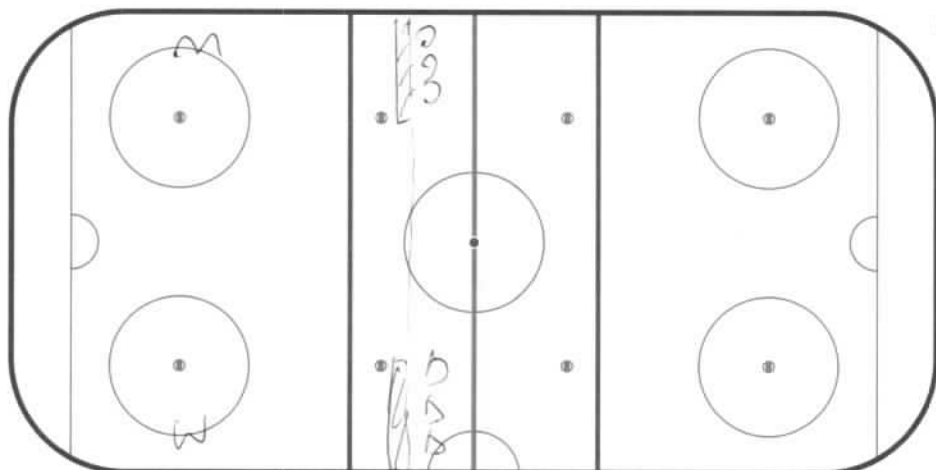


② A) 2:2 mit Joker  
→ wird mit Pass  
aktiv ⇒ 3:2

→ bei Puckverlust zurück

B) Stehhandling

2x 10min



③ Spiel 4:4 | 3:3

15 min

---

---

---

---

---

---

---

---



TEAM:

U11

DATUM:

2.2.22

TRAINER:

Jürgen  
Domi

---

---

---

---

---

---

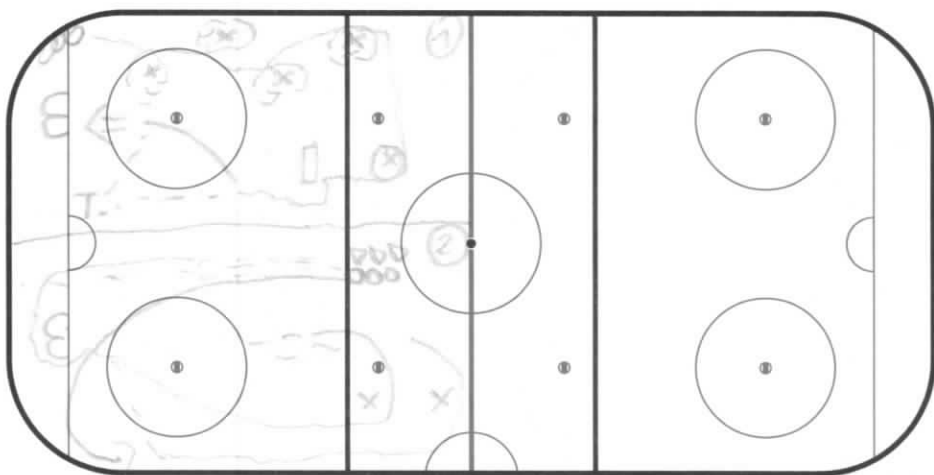
---

---

---

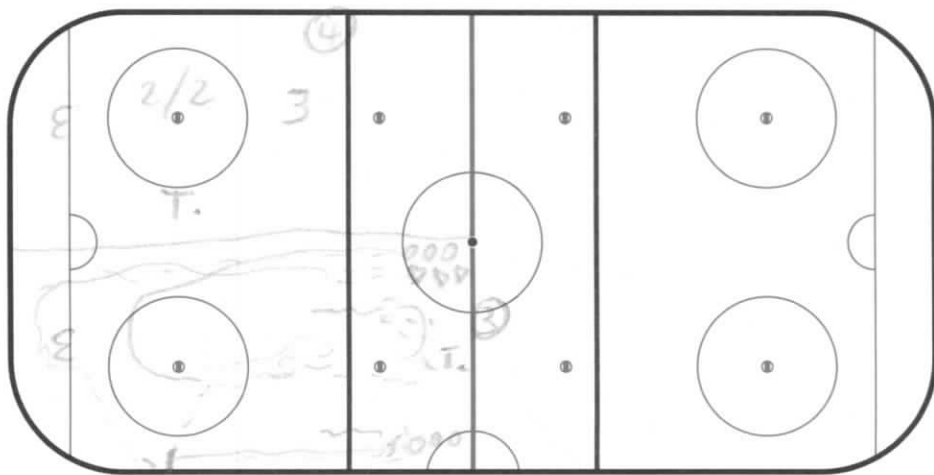
---

# TRAININGSPLAN

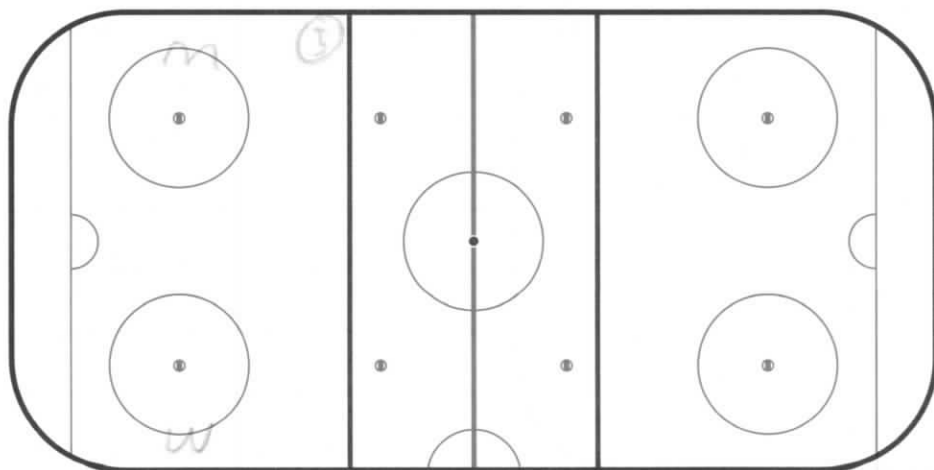


① Vorwärts, Rückwärts  
mit Scheibe

② Aufbau pass →  
1/1



③ 2/1 mit Aufbau  
④ 2/2 mit Joker



⑤ 3/3 mit Vorgabe  
passen

---

---

---

---

---

---

---

---

---

---



TEAM: U11, 15:30-16:30

DATUM: 27.1.2022,

TRAINER: YURI, JÜRGEN,

---

---

---

---

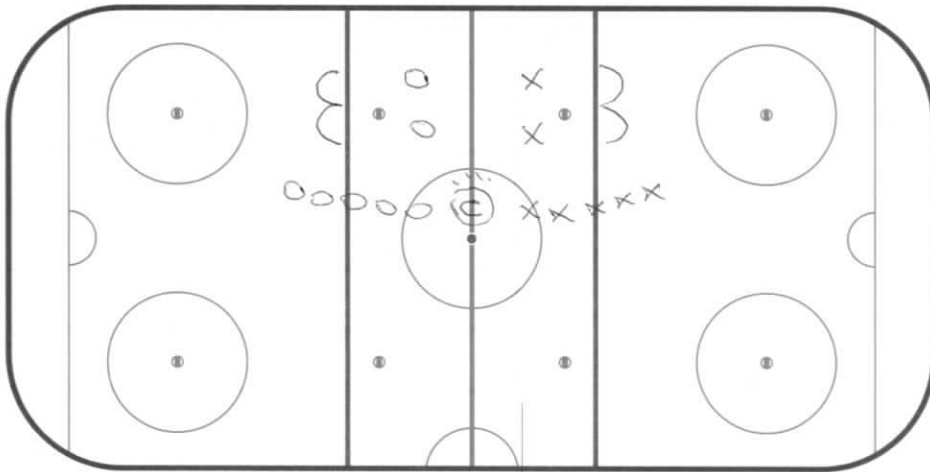
---

---

---

---

# TRAININGSPLAN



Aufwarmen Spiel  
2-2 kleine PLATZ  
8 ~~10~~ min

---

---

---

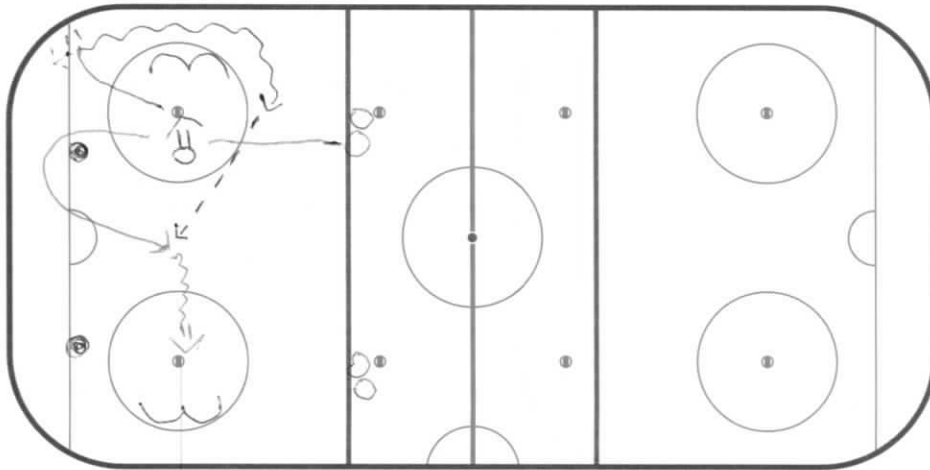
---

---

---

---

---



STATION 1:  
AUFBAU Übung mit  
Timing, PASS und schuss  
8 ~~10~~ min

---

---

---

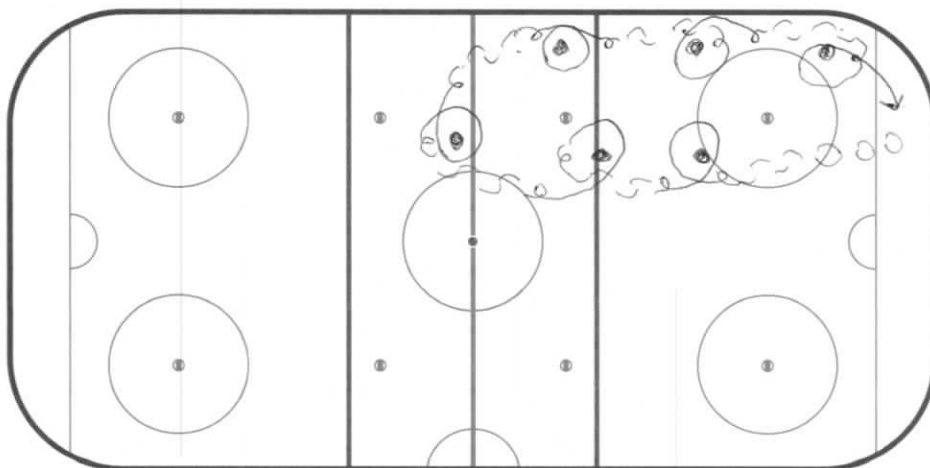
---

---

---

---

---



STATION 2:  
EISLAUFEN RÜCKWERZ  
mit drehung auf  
VORWERZ bei HÜTCHEN  
und CANADIAN.  
8 ~~10~~ min

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 26.1.22  
TRAINER: Jürgen Vitus

---

---

---

---

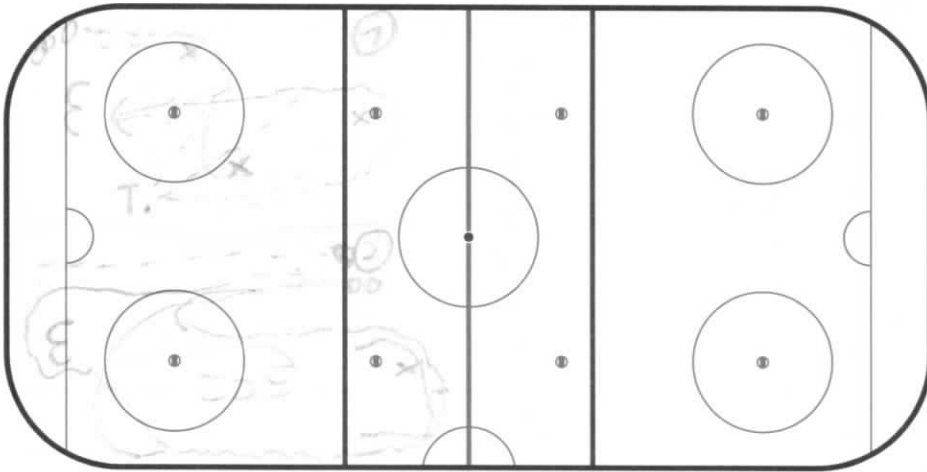
---

---

---

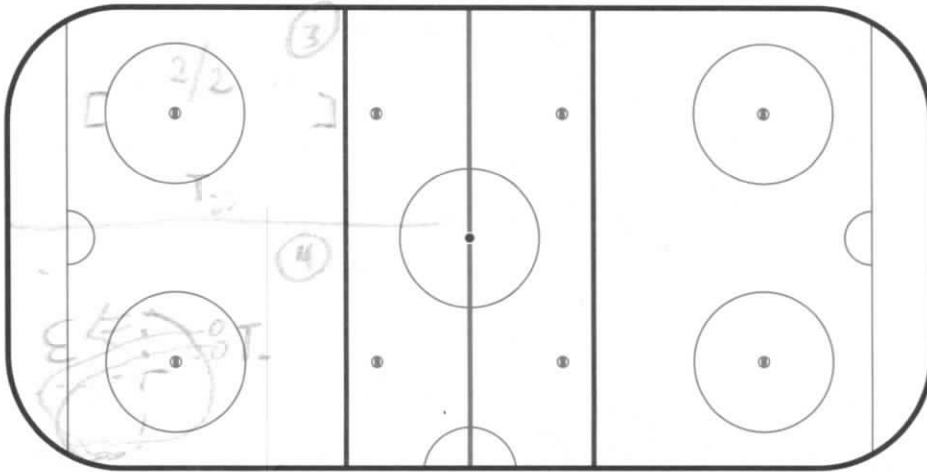
---

# TRAININGSPLAN



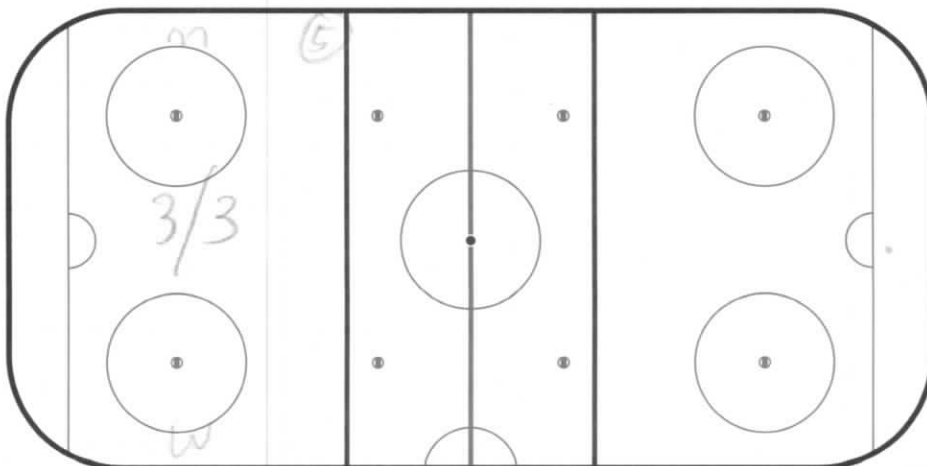
① Passen anbieten  
vsw.

② 2/1 mit Aufbau



③ Spiel 2/2 mit  
Joker

④ 2/0



⑤ Spiel 3/3

---

---

---

---

---

---

---

---



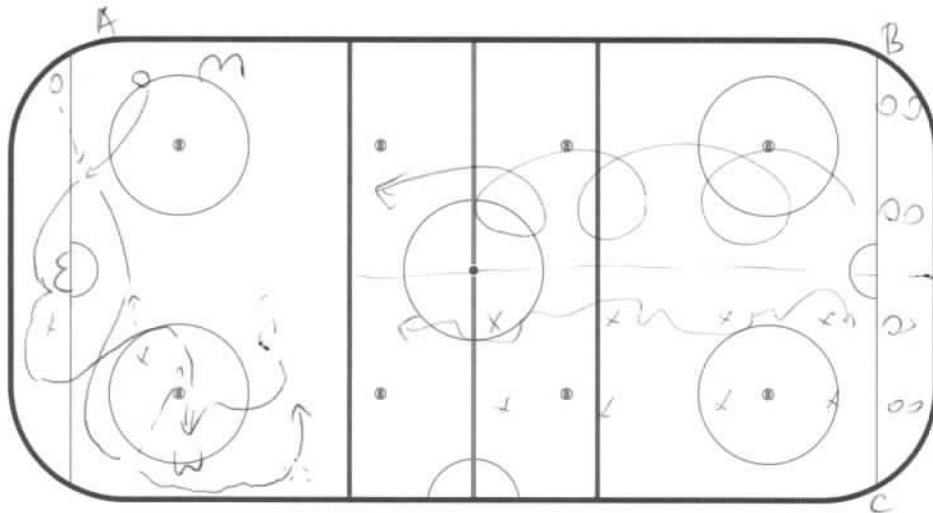


TEAM: U19

DATUM: 20.01.22

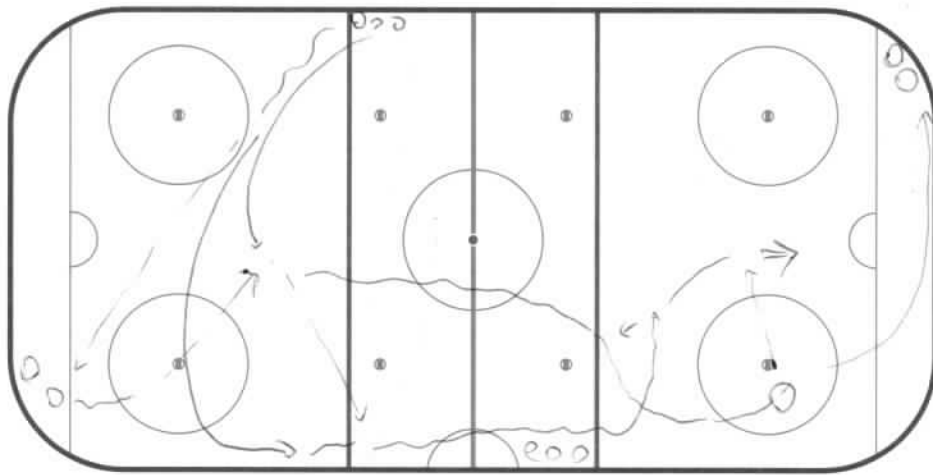
TRAINER: Martin, Yuri, Jürgen

# TRAININGSPLAN



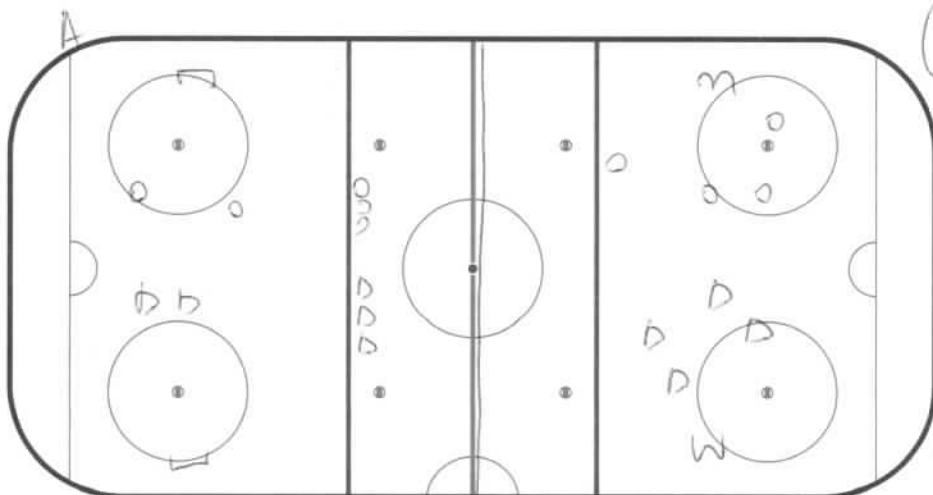
- ① Stationen  
A 2-0 Timing PropPass  
B Skating (Yuri)  
C Stickhandling

3x10 min



- ② 2-0 großes Feld  
kreuzen

10min



- ③ A Spiel klein 2-2/1-1/3-3

B Spiel groß 4-4

2x10min



TEAM: U11  
DATUM: 19.1.22  
TRAINER: Jürgen Vitus

---

---

---

---

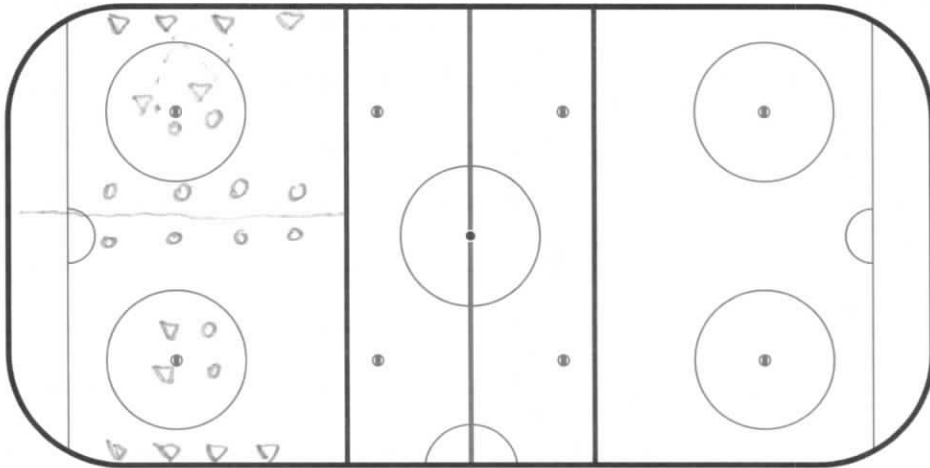
---

---

---

---

# TRAININGSPLAN



Aufwärmen 2/2 10 Min  
mit Passen

---

---

---

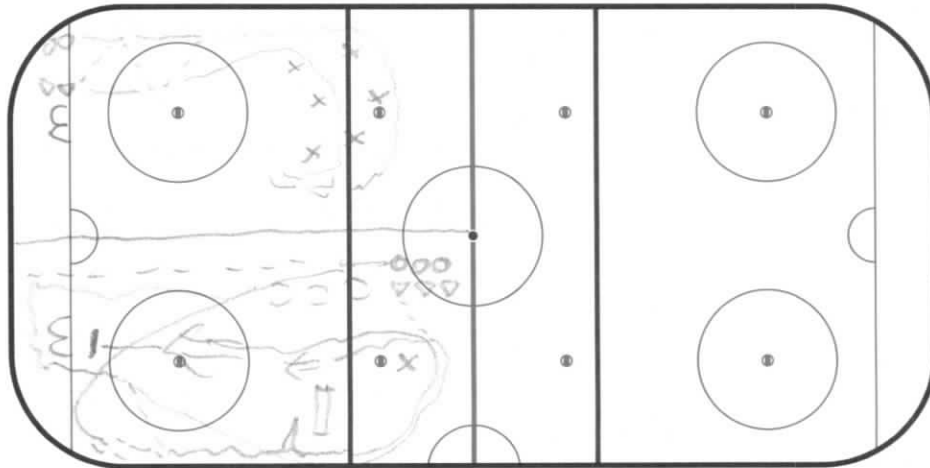
---

---

---

---

---



1/1 Lücke schließen 12 Min  
1/0, 1/0 12 Min

---

---

---

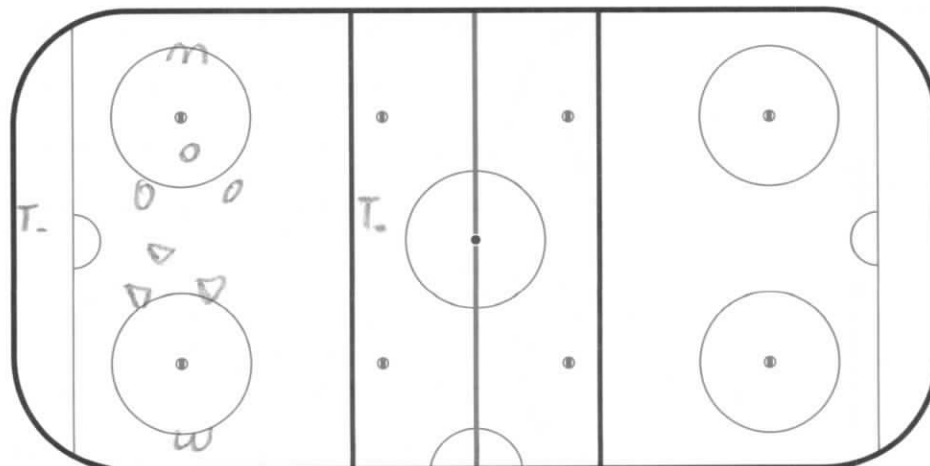
---

---

---

---

---



Spiel 3/3  
mit 2 Jokern

---

---

---

---

---

---

---

---



TEAM: *UM1*  
DATUM: *18.01.22*  
TRAINER: *Marin, Markus,  
Domi*

---

---

---

---

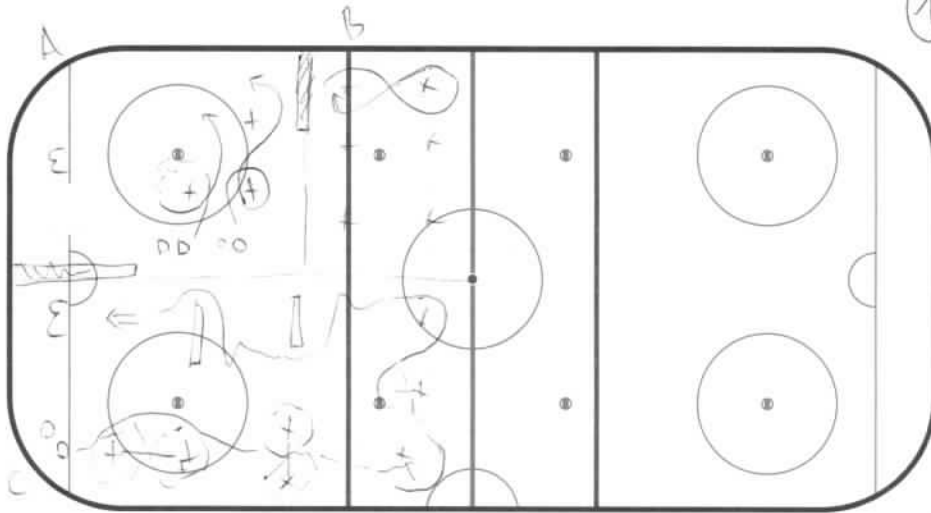
---

---

---

---

# TRAININGSPLAN

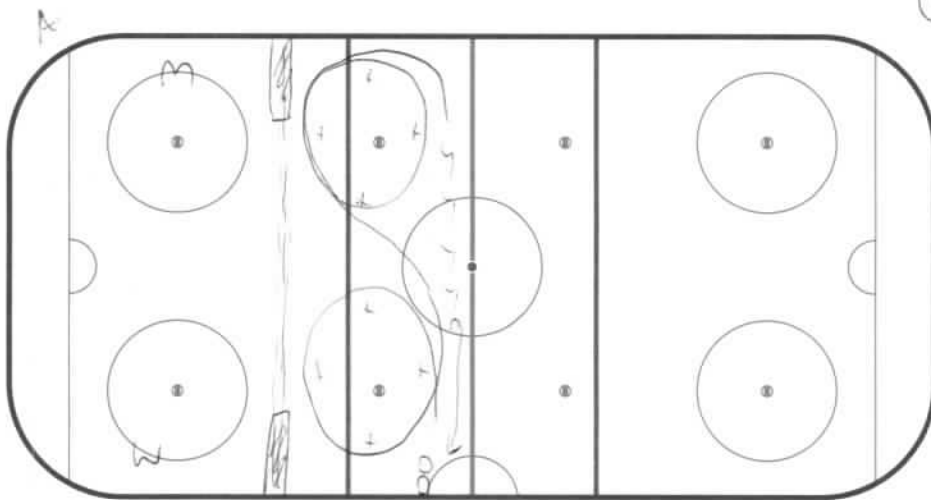


① A 1:1 zur Seite abdrängen

B Skating Achter  
→ VWL rw-rw/ 3-er etc...

C Parcours / Stickhandling

3 × 8 min

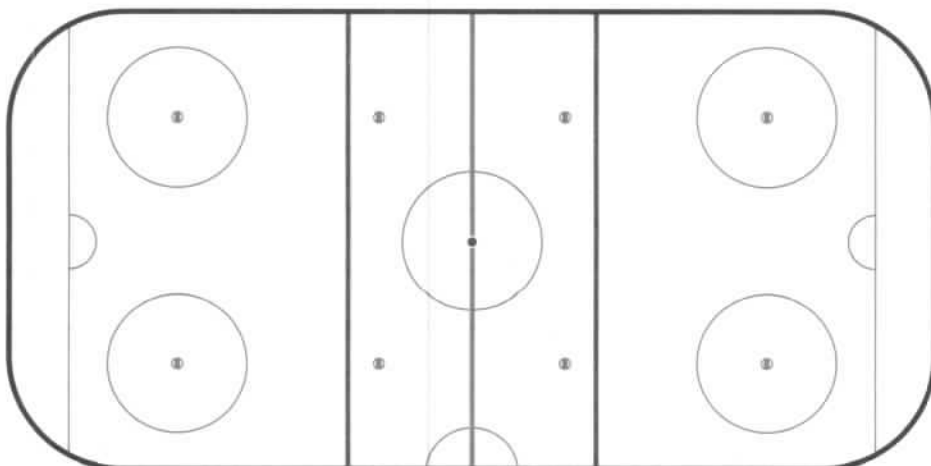


② A Spiel 2:2 + Joker  
w/ VW-rw

B Laufen mit Schuibe  
2 × 7 min

Überschen

③ Spiel 4:4  
15 min



---

---

---

---

---

---

---

---



TEAM: U11

DATUM: 13.1.22

TRAINER: Martin, Yuri

---

---

---

---

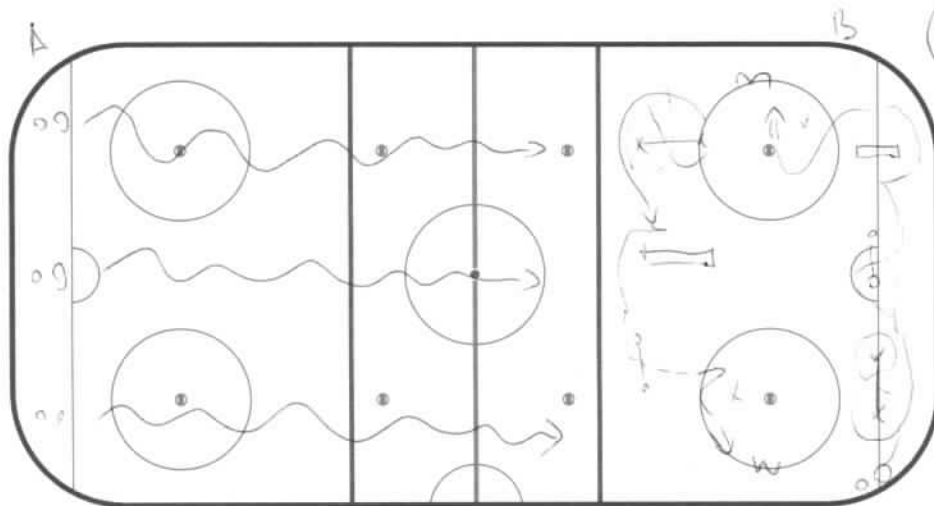
---

---

---

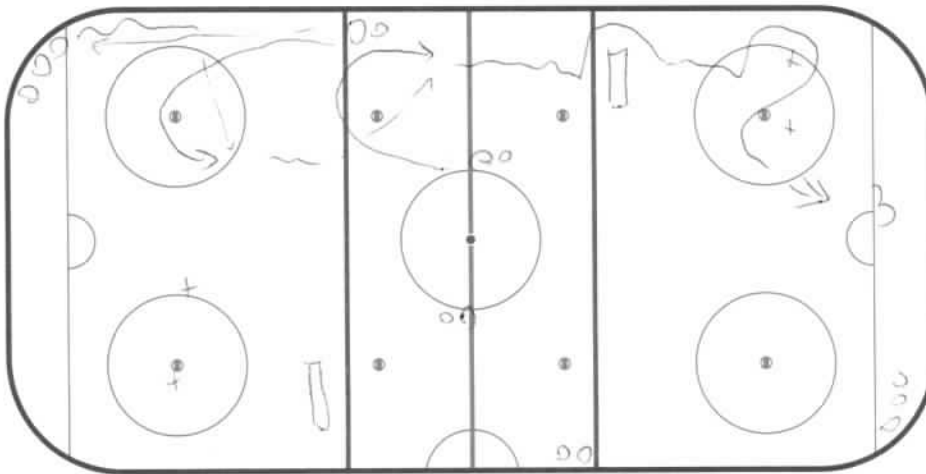
---

# TRAININGSPLAN



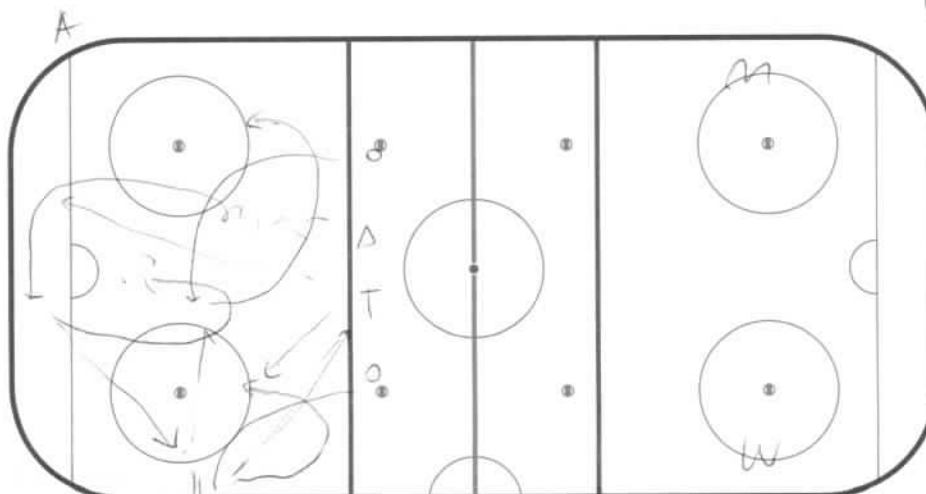
① A Lauf ABC  
B Stocktechnik / Lauf  
mit Scheibe

2 x 10min



② Passer-Timing

10min



③ A 2-1 mit  
Aufbau

B Spiel 1-1 / 2-2 /  
2 x 8min

④ Spiel 5-5

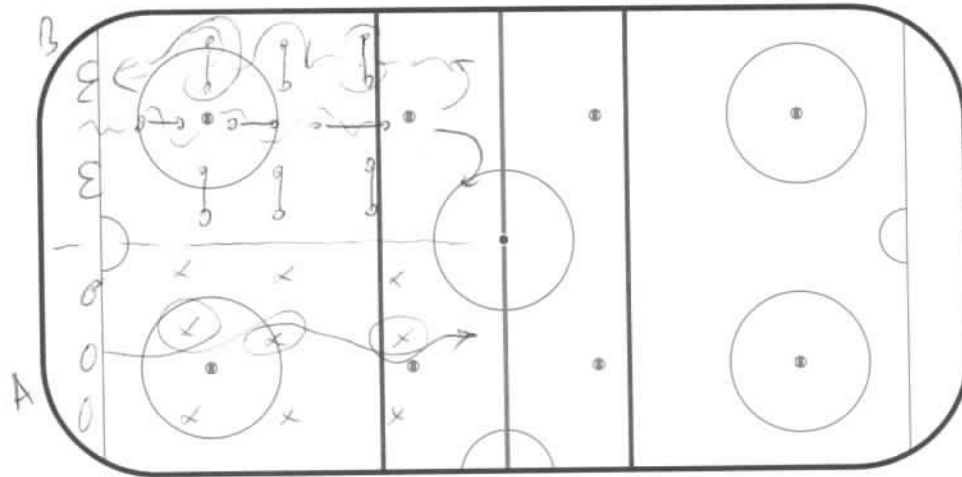


TEAM: U11

DATUM: 11.1.21

TRAINER: Martin, Markus

# TRAININGSPLAN

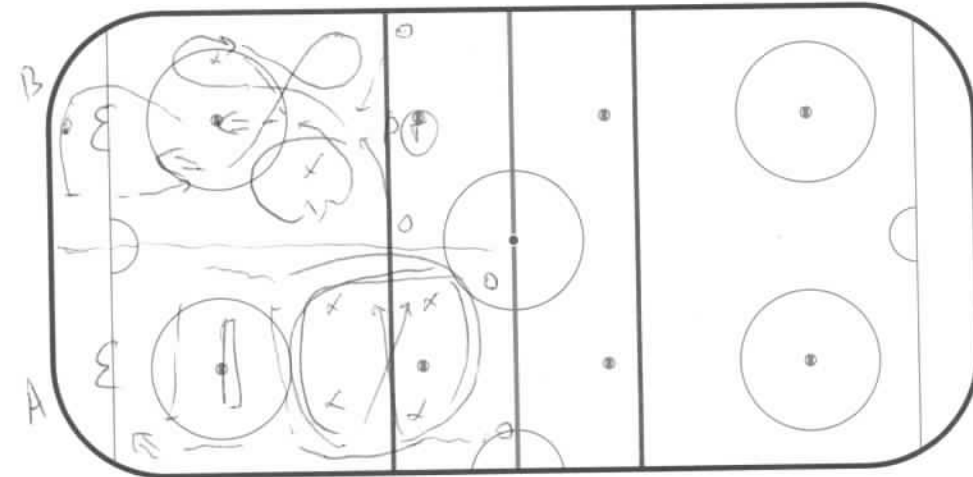


① Technik

A Staking

B Stocktechnik

2x10min



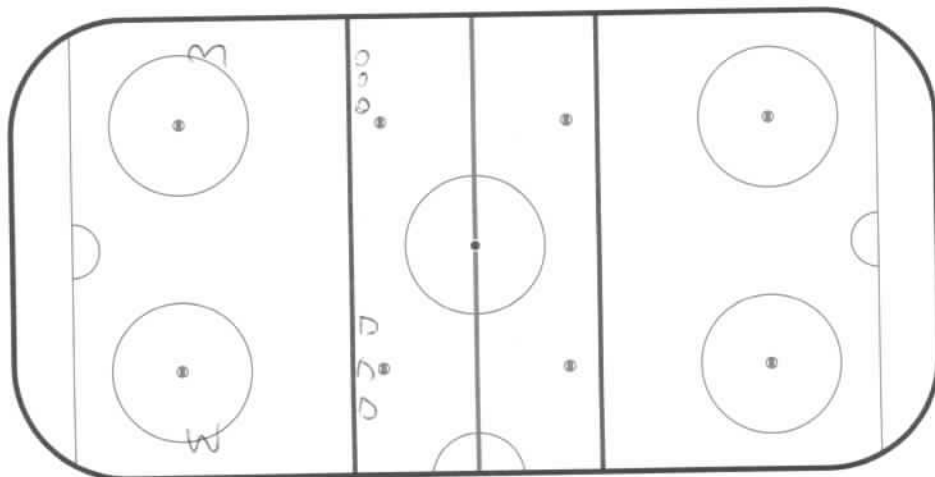
② Zusammenarbeit

A) 2-0 → 2x Timing  
viele Pässe

B) 2-0

Timing

2x10min



③

Spiel 4-4  
8 Laufwege!

15 Min.



TEAM: WM

DATUM: 7.1.

TRAINER: Martin

---

---

---

---

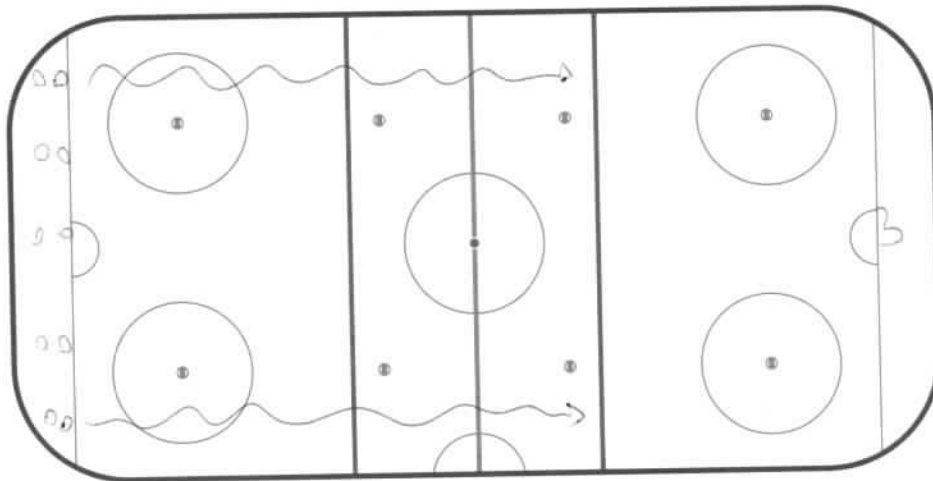
---

---

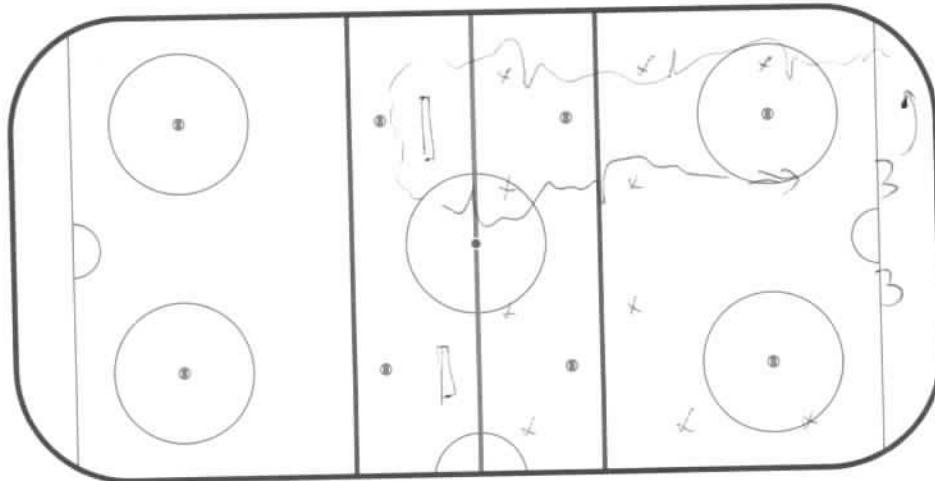
---

---

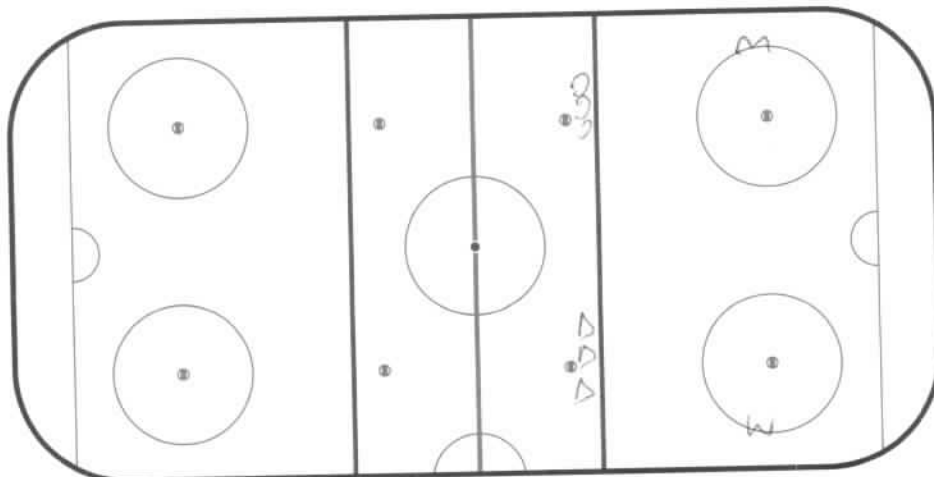
# TRAININGSPLAN



① Laufplan ABC alle  
incl. TWS  
12 min



② Strohhandlung verschieden  
Varianten  
12 min



③ Spiel 3:3

10 min

---

---

---

---

---

---

---

---



TEAM: U11

DATUM: 5.1.

TRAINER: Martin, Yuri, Mario

---

---

---

---

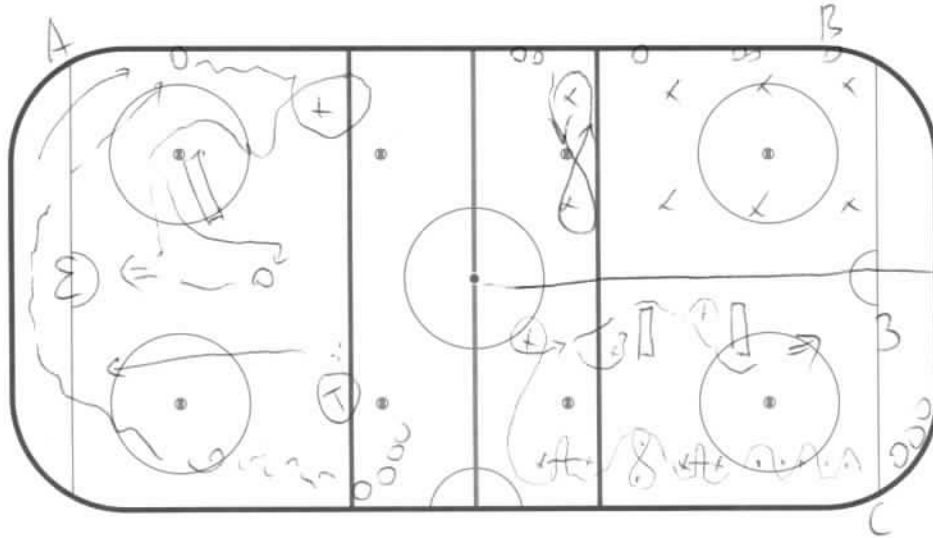
---

---

---

---

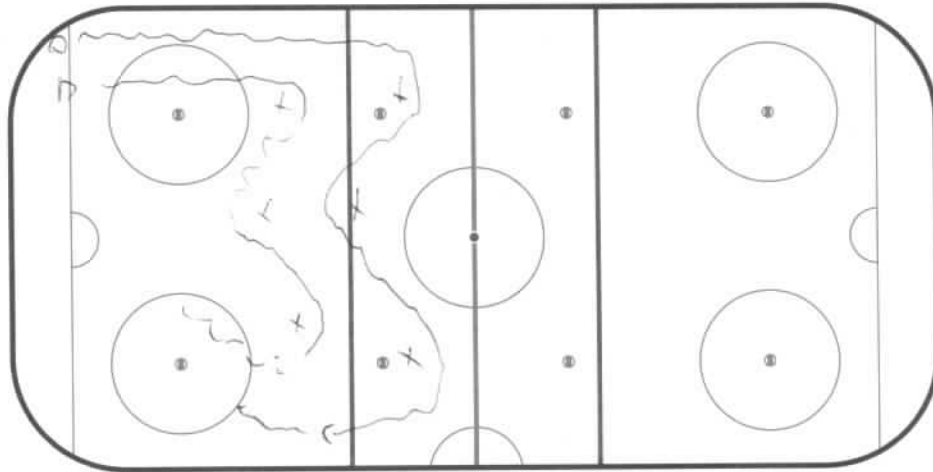
# TRAININGSPLAN



① A 2:0 mit Aufbau  
Samba Pässe

B Achter 1k/1k/3er  
Drehung

C Stickhandling  
3x10min

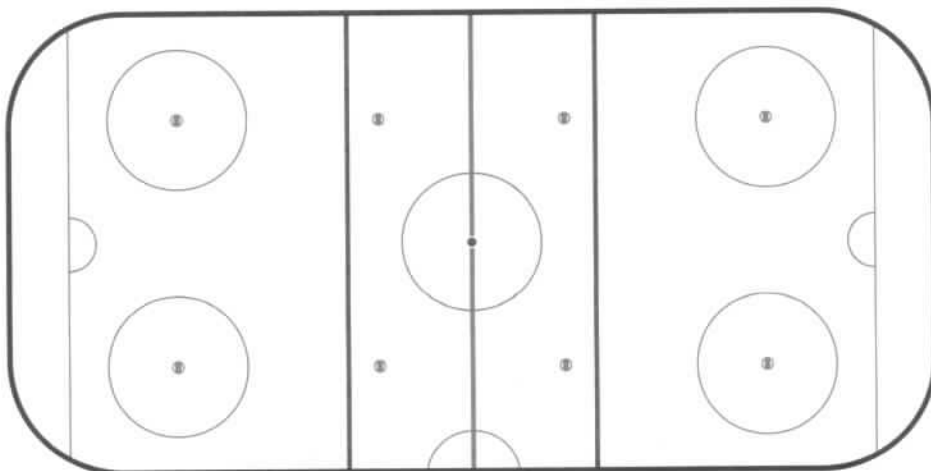


② Beide Seiten gleich  
1:1

10min

③ Spiel 40:30 2 Seiten  
10min

④ Spiel 5:5 Großfeld



---

---

---

---

---

---

---

---

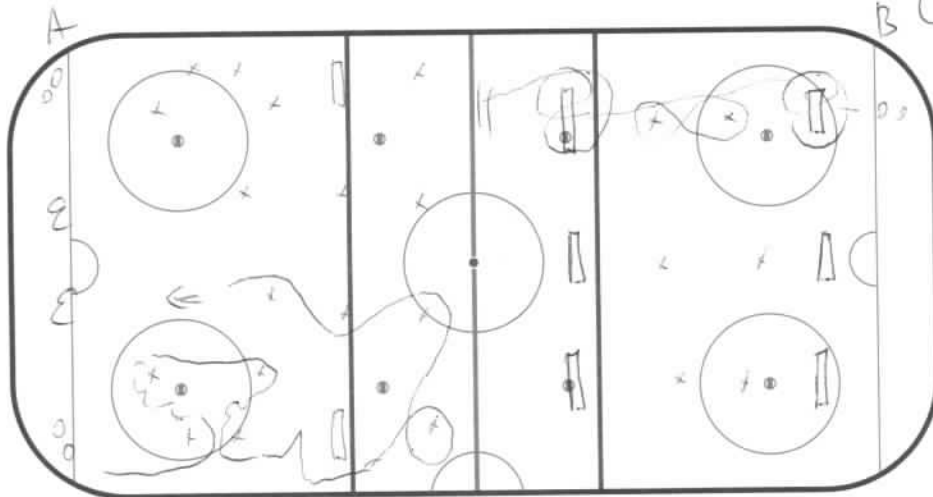


TEAM: U11

DATUM: 4.1.

TRAINER: Martin, Mario

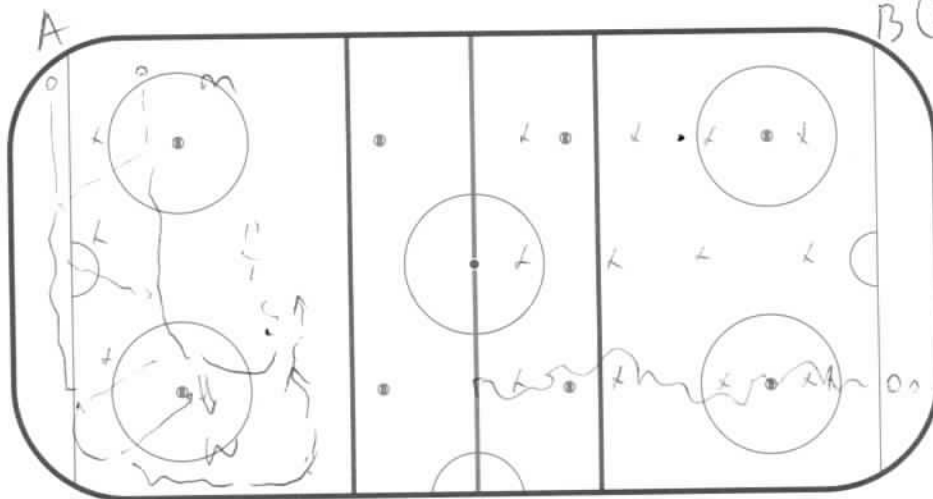
# TRAININGSPLAN



① A Parcours Puckkontrolle  
Kopf hoch!

B Skating Sprünge,  
Kanten

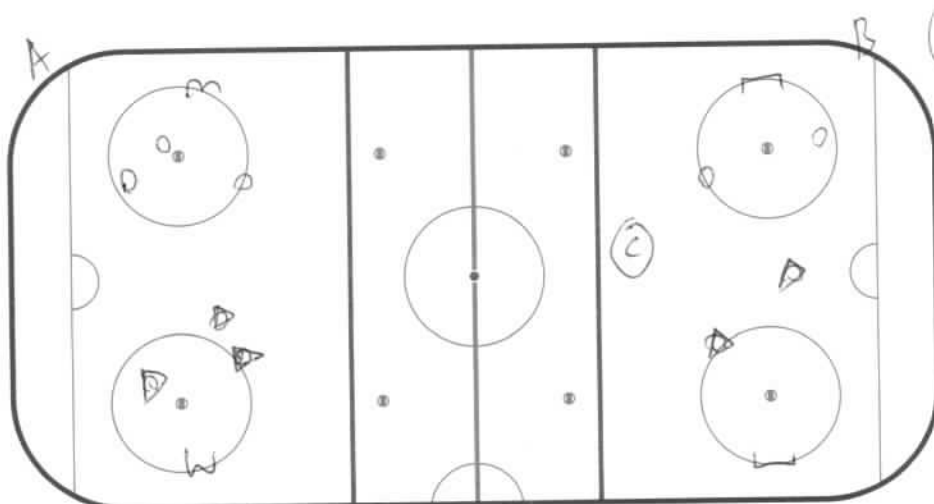
2 x 10 min



② A: 2:0 dann  
umschalten 1:1

B Stickhandling  
Basics

2 x 10 min



③ A 3:3

B 2:2 | 3:3 | 1:1  
Trainer Joker





TEAM: U11

DATUM: 30.12.21

TRAINER: Jürgen  
Mario

---

---

---

---

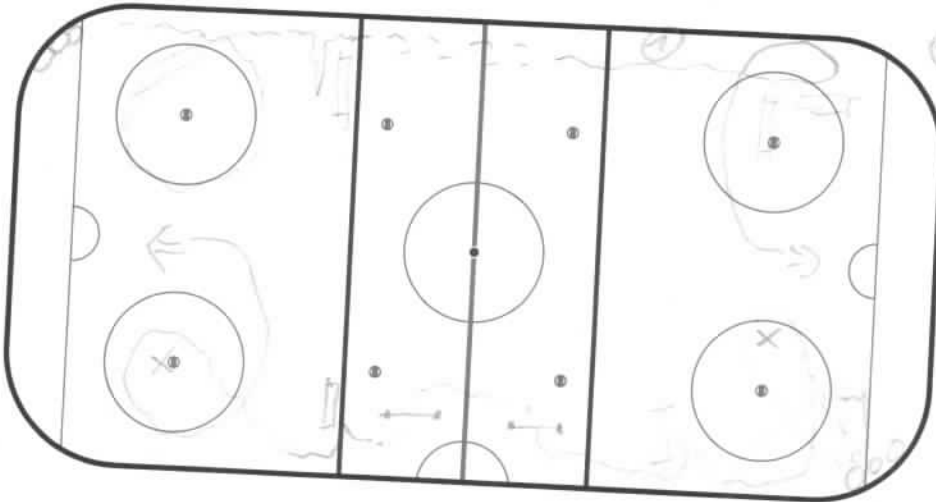
---

---

---

---

# TRAININGSPLAN



① 1/0 Aufwärmen 15min

---

---

---

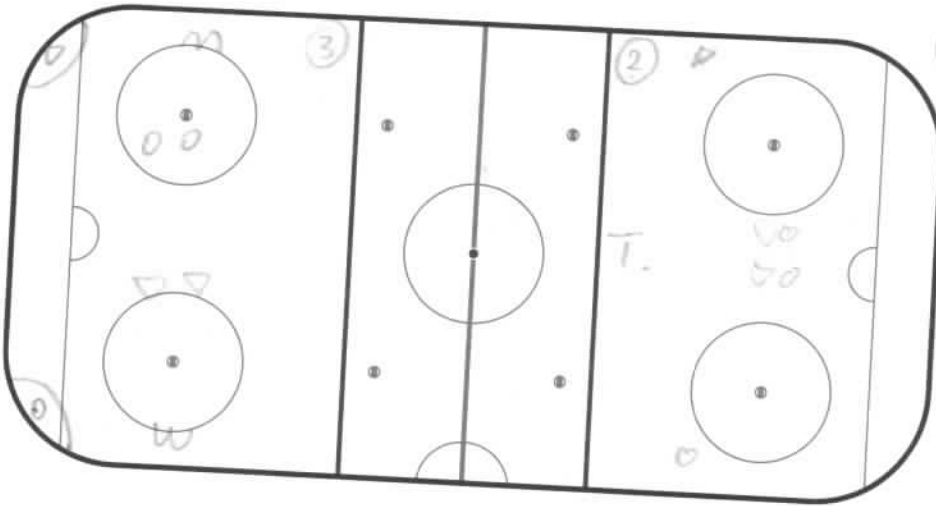
---

---

---

---

---



② Spiel 2/2  
bei Puckbesitz  
kommt 3. Mann  
dazu.

③ Spiel mit Joker

---

---

---

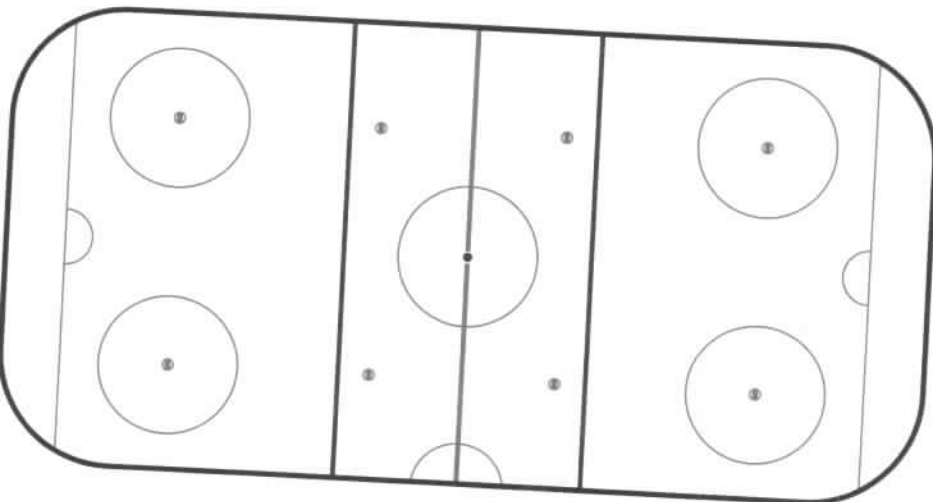
---

---

---

---

---



④ Großfeld

---

---

---

---

---

---

---

---



TEAM: UM  
DATUM: 29.12.21  
TRAINER: Jürgen  
Mario

---

---

---

---

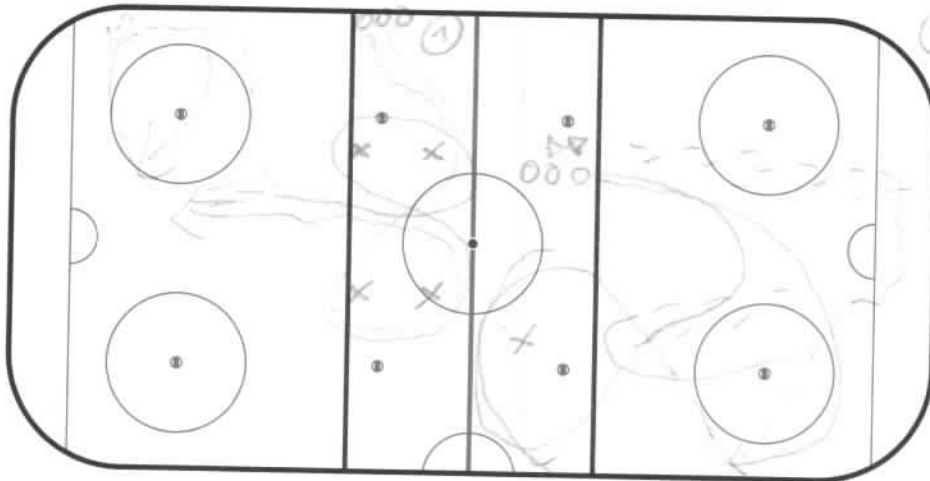
---

---

---

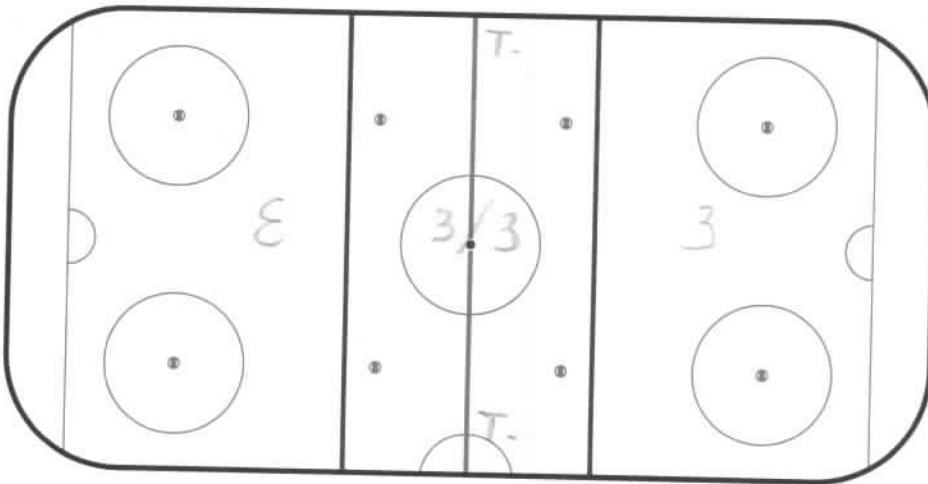
---

# TRAININGSPLAN



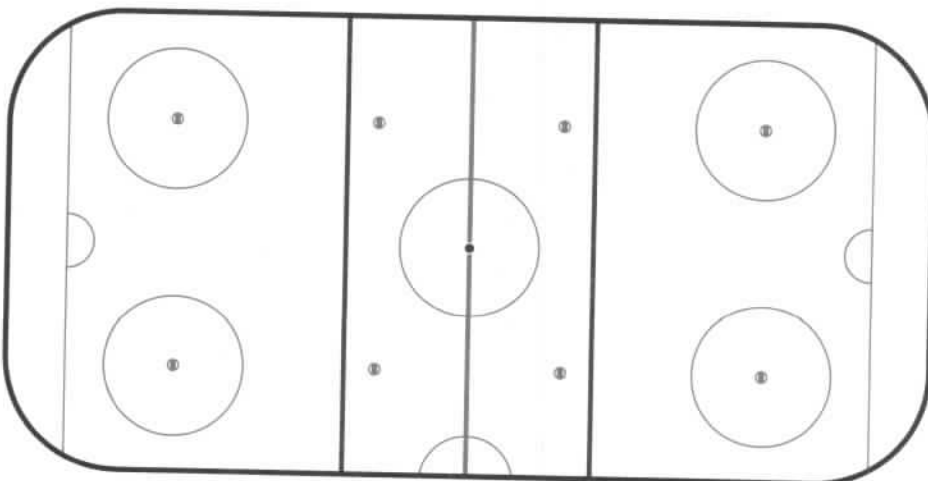
① 2x 1/0 mit Timing 15 Min  
nach Schuss

② 3/1 mit Aufbau 15 Min



③ 3/3 mit 2 Joker 15 Min

④ Spiel Großfeld 15 Min



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 28.12.21  
TRAINER: Jürgen  
Mario

---

---

---

---

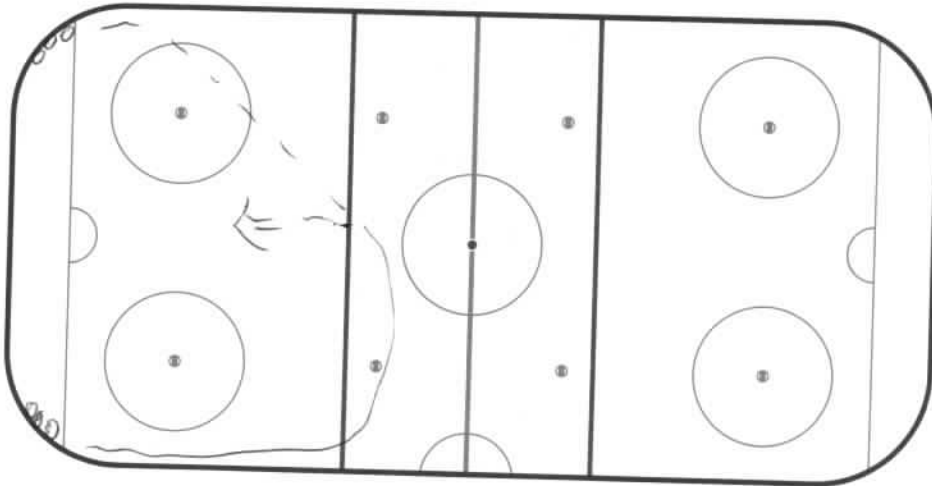
---

---

---

---

# TRAININGSPLAN



Aufwärmen 1/0

---

---

---

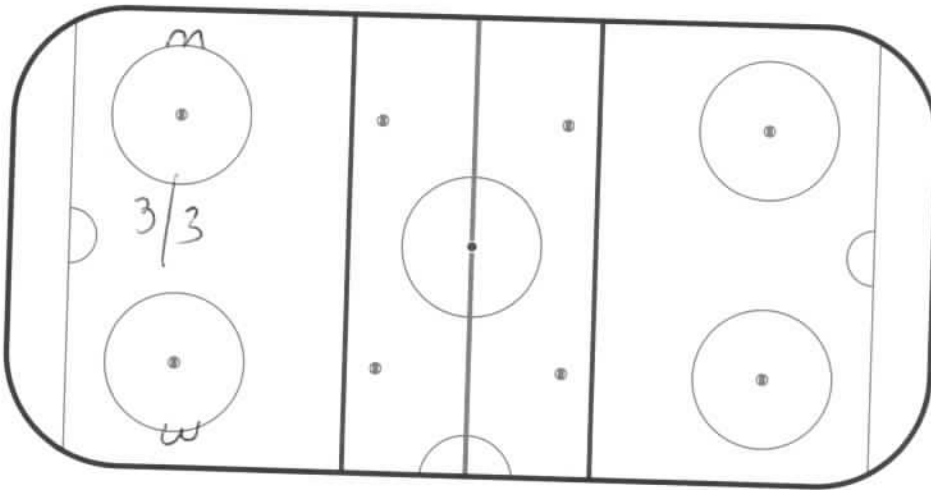
---

---

---

---

---



Spiele mit 1. Mannschaft  
3/3

---

---

---

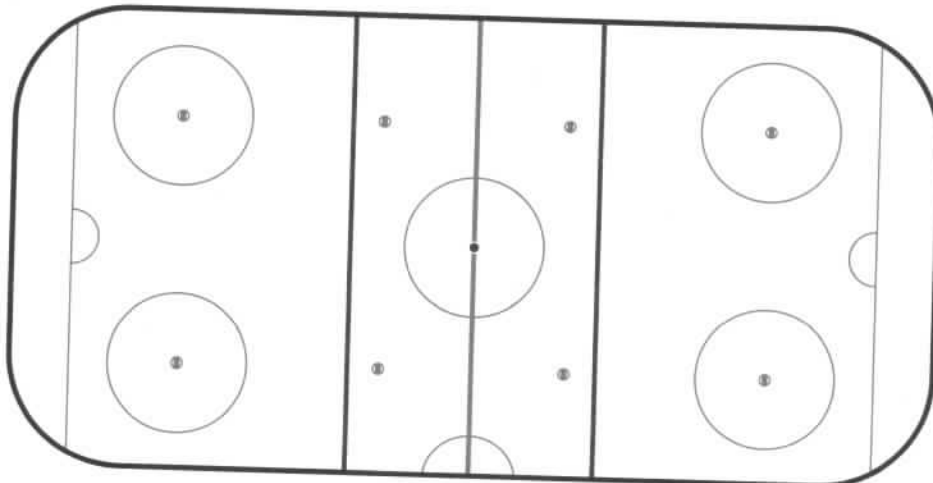
---

---

---

---

---



großfeld  
gegen 1. Mannschaft

---

---

---

---

---

---

---

---



TEAM: U11

DATUM: 22.12.21

TRAINER: Jürgen  
Vitus

---

---

---

---

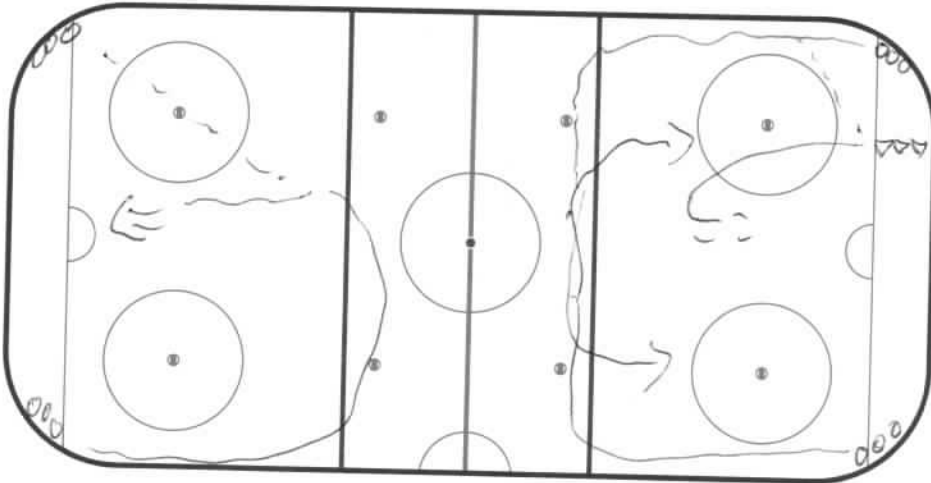
---

---

---

---

# TRAININGSPLAN



Aufwärmen  
1/0 / 2/11

---

---

---

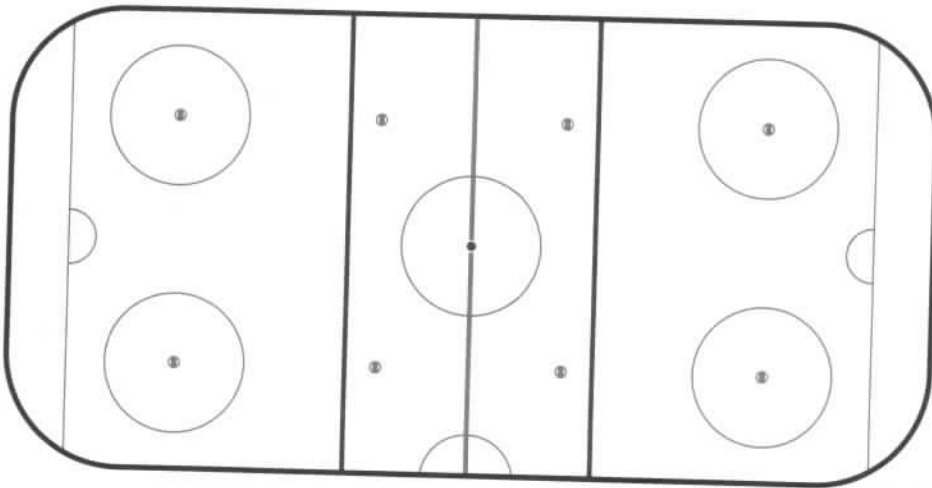
---

---

---

---

---



Spiel großfeld  
U9 / U11

---

---

---

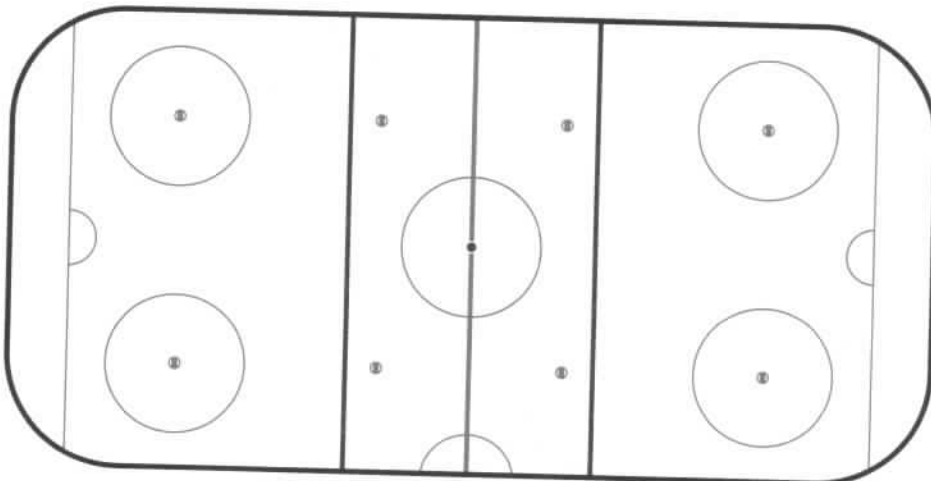
---

---

---

---

---



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 21.12.21  
TRAINER: Mathis, Markus

---

---

---

---

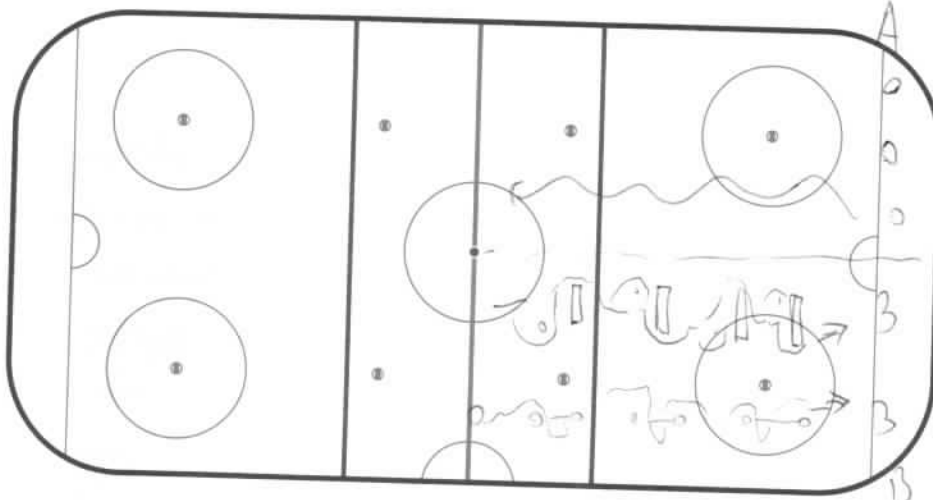
---

---

---

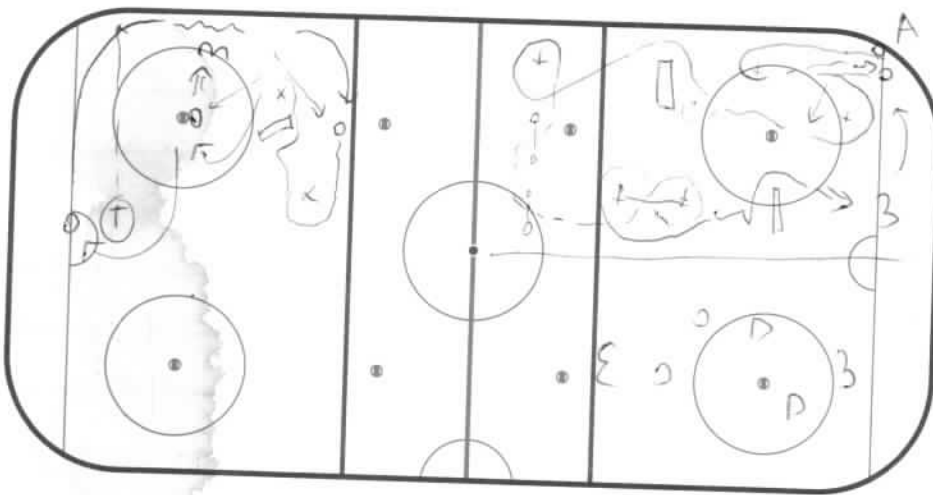
---

# TRAININGSPLAN



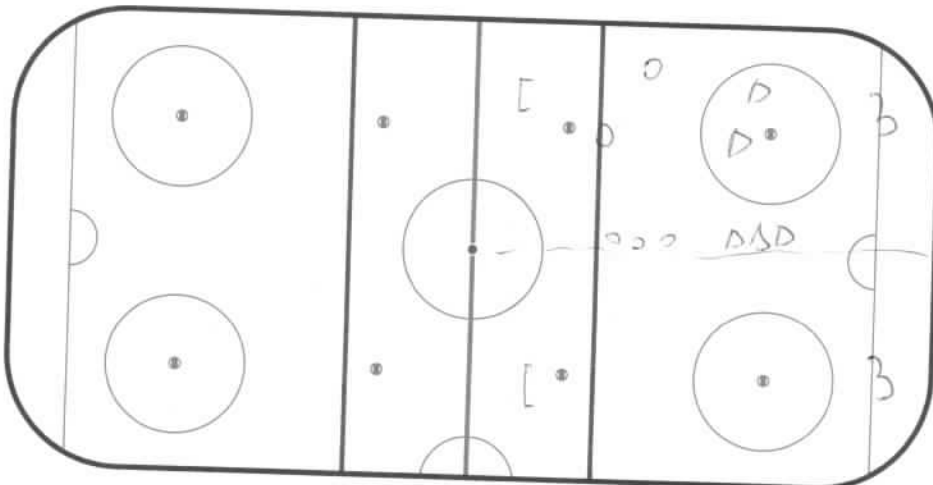
A Skating  
B Shithandling

2 x 10 min



A Parcours mit Pass  
B 2:2 auf engem Raum

2 x 10 min



Spiel 2:2  
Beide Seiten gleich

15 min



TEAM:

U11

DATUM:

15.12.21

TRAINER:

Jürgen  
Jäger

---

---

---

---

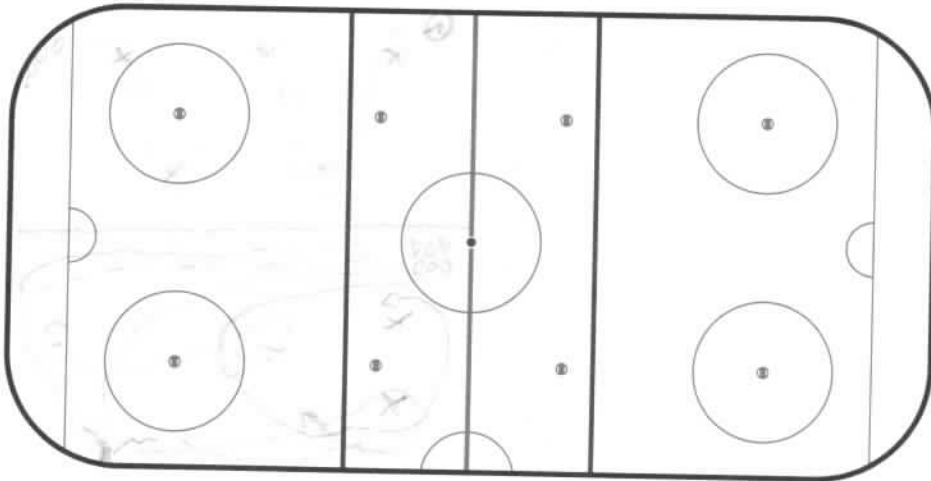
---

---

---

---

# TRAININGSPLAN



1) Power sitting

→ 15.12.21 U11

2) 1/1

beliebigen Lichte

Spielfeld

---

---

---

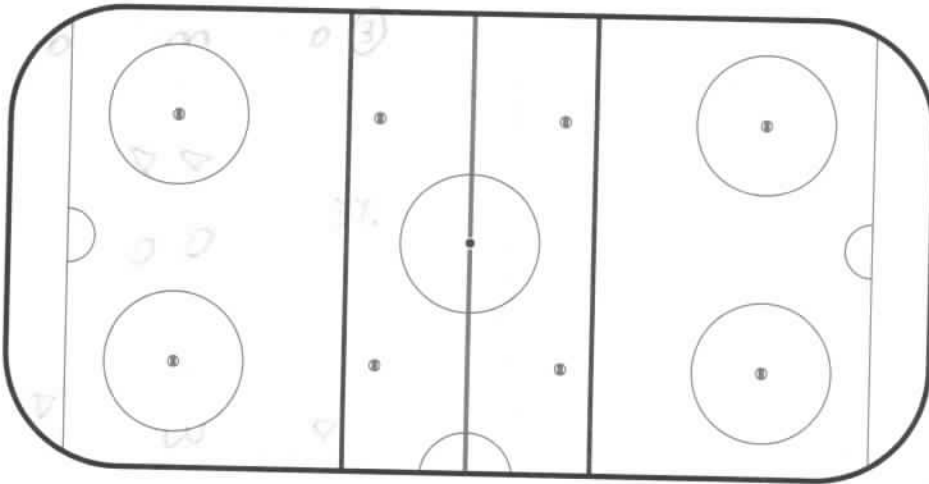
---

---

---

---

---



3) Spiel mit

2 Teams

---

---

---

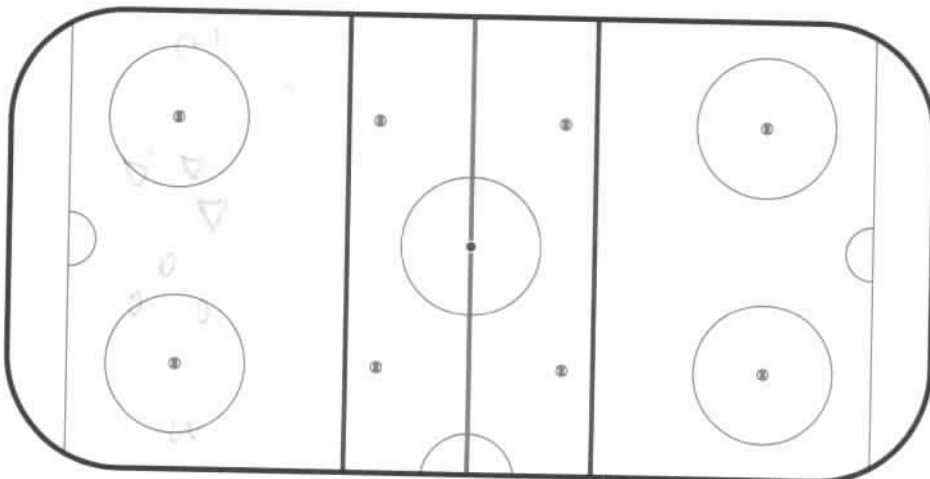
---

---

---

---

---



4) Spiel 3/3

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 1.12.21  
TRAINER: Jünger  
Juni

---

---

---

---

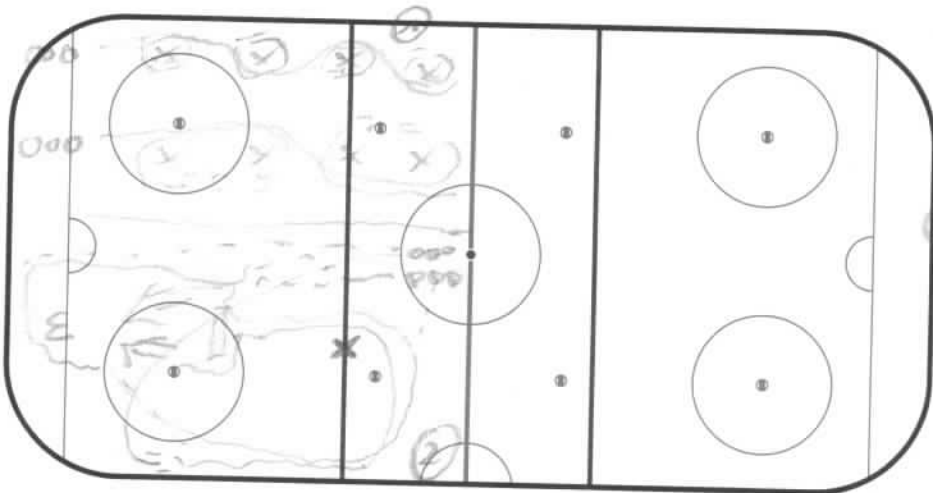
---

---

---

---

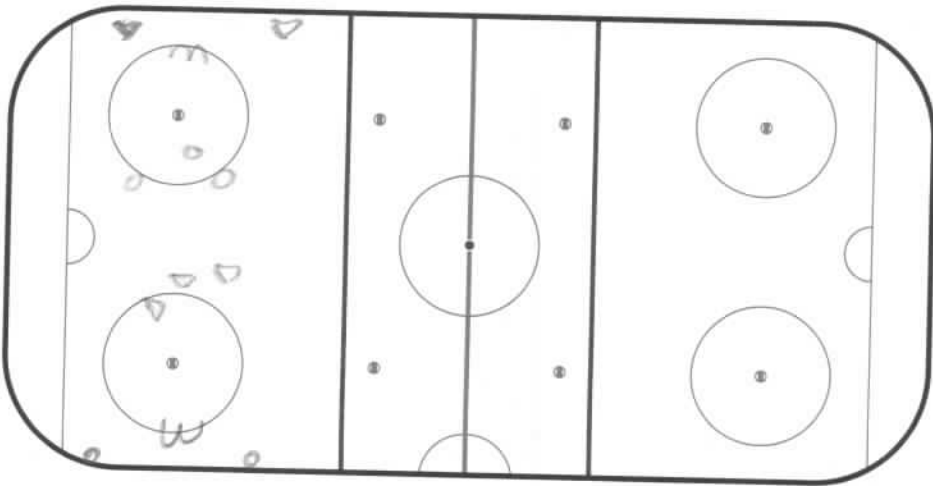
# TRAININGSPLAN



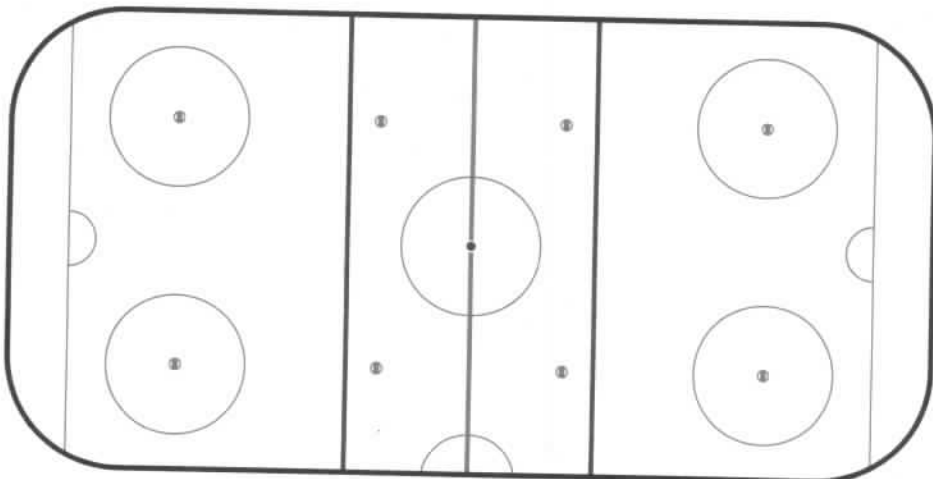
① Umsetzen vorwärts-  
rückwärts

② 1/0 mit Aufbau  
Pass

20 Min



③ 40 Min Spiel  
mit Joker  
3/3, 5/5 usw



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 24.11.21  
TRAINER: Jürgen  
Domi

---

---

---

---

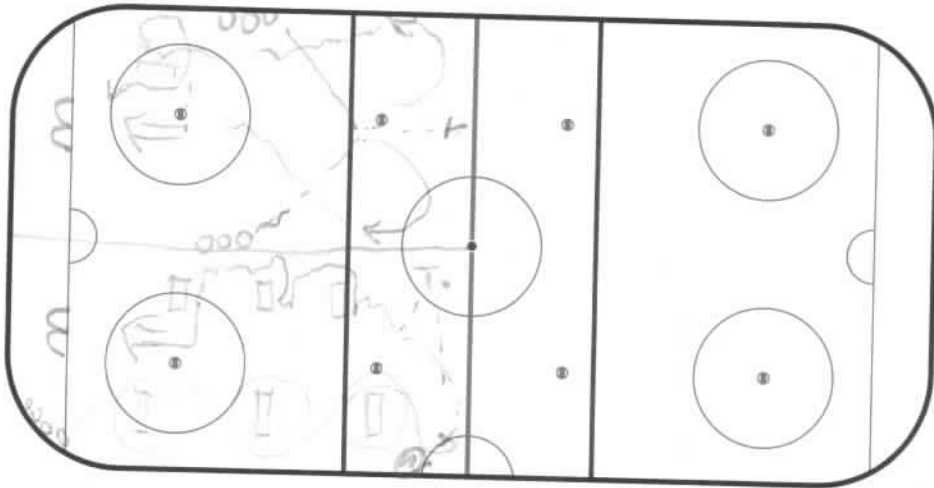
---

---

---

---

# TRAININGSPLAN



① schnelles Übersetzen  
Passen, Körper-tauschung  
nach aussen

② 2/0

---

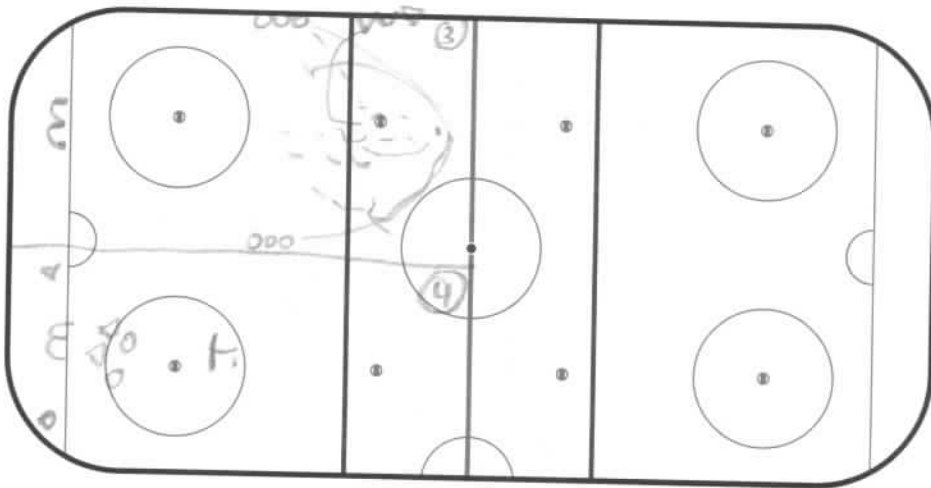
---

---

---

---

---



③ 2/1

④ 2/2 mit Joker

---

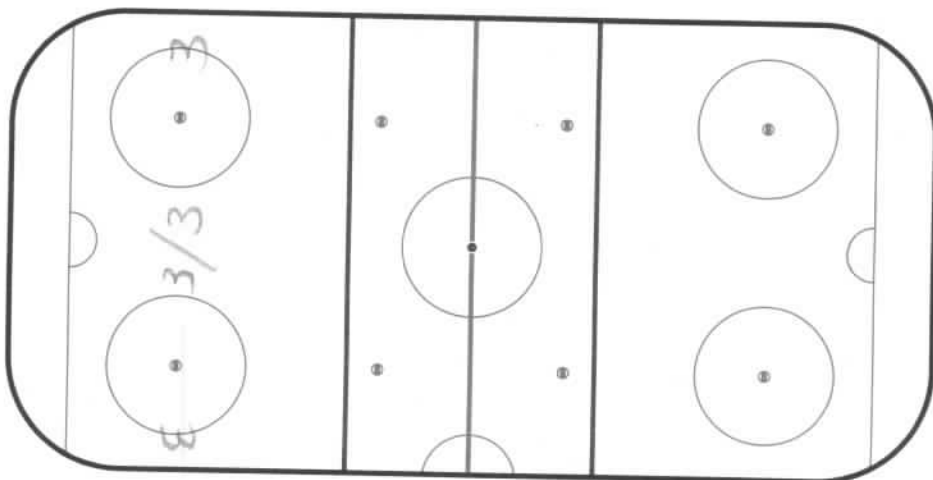
---

---

---

---

---



⑤ Spiel 3/3

---

---

---

---

---

---

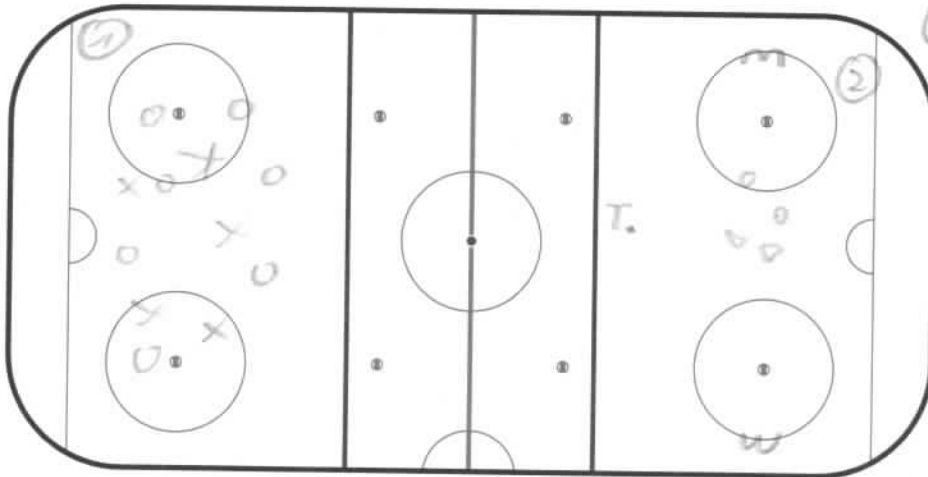




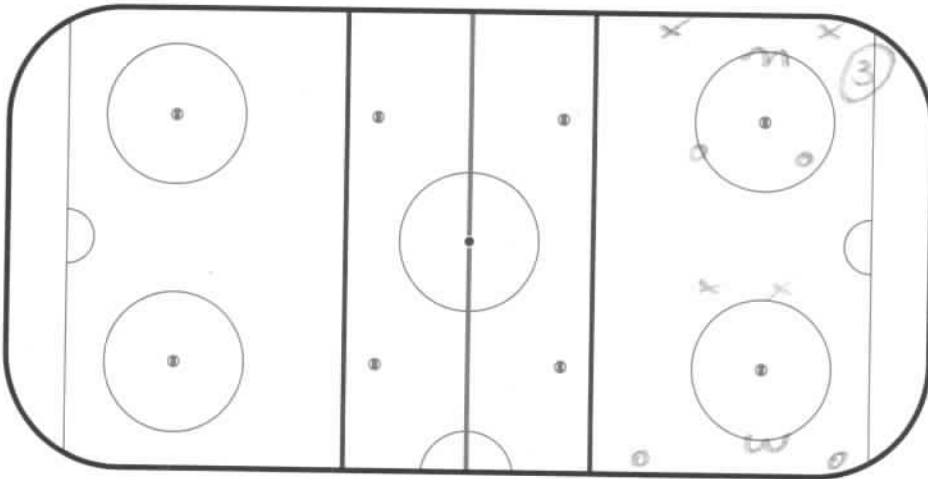
TEAM: U11  
DATUM: 17.11.21  
TRAINER: Jürgen

① Aufräumer mit Schreibe  
passen, usw

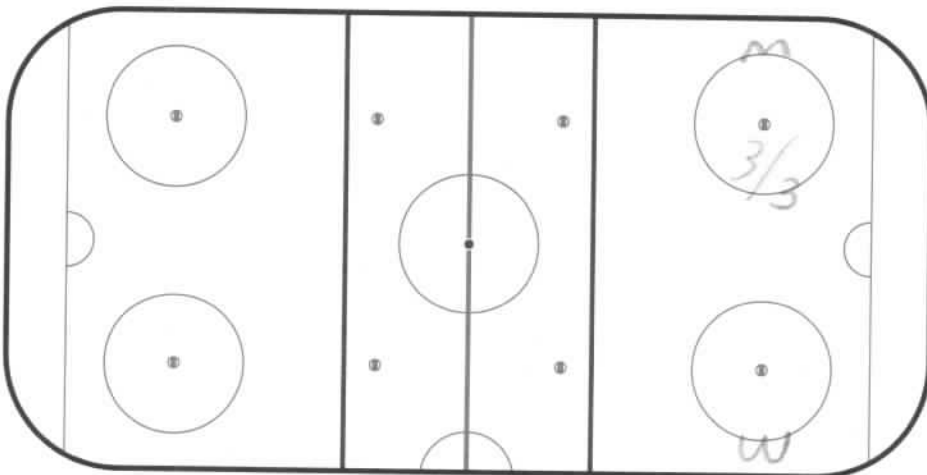
# TRAININGSPLAN



② Spiele tag  
2/2, 3/3  
mit Joker



③ 2/2 mit 2 Joker  
hintern Tor



④ 3/3



TEAM: U11  
DATUM: 10.11.21  
TRAINER: Jürgen Domi

---

---

---

---

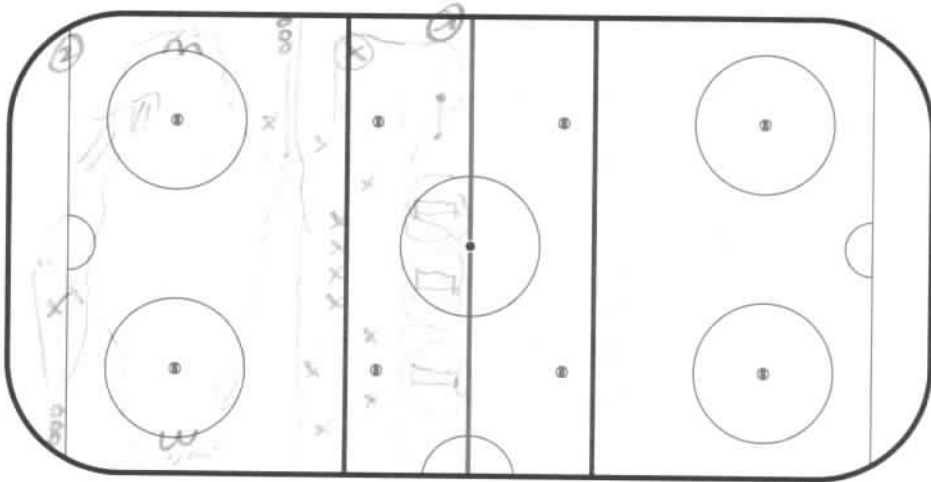
---

---

---

---

# TRAININGSPLAN



① Stickhandling +  
Umsetzen vorwärts  
rückwärts mit Scheibe  
② 1/0 Timing

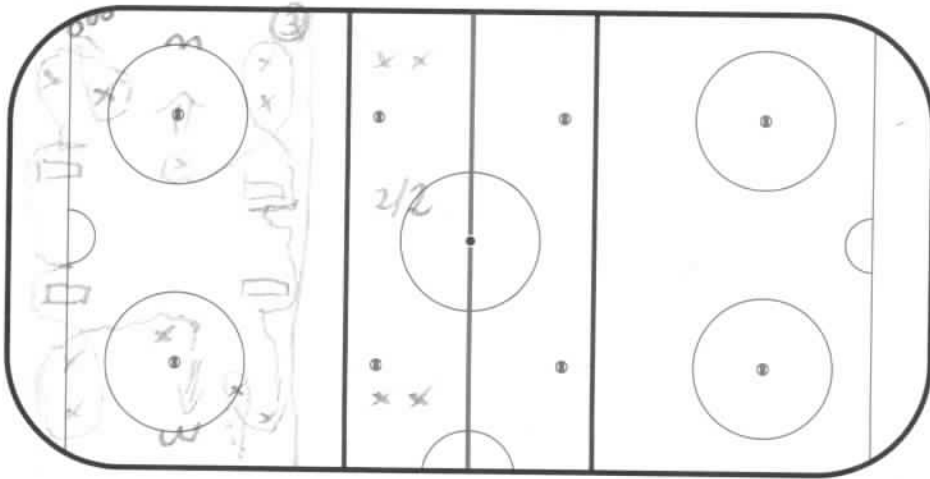
---

---

---

---

---



③ 1/0 Körpertäuschung  
nach aussen,  
abdrücken vom Tor  
nach innen  
④ 2/2

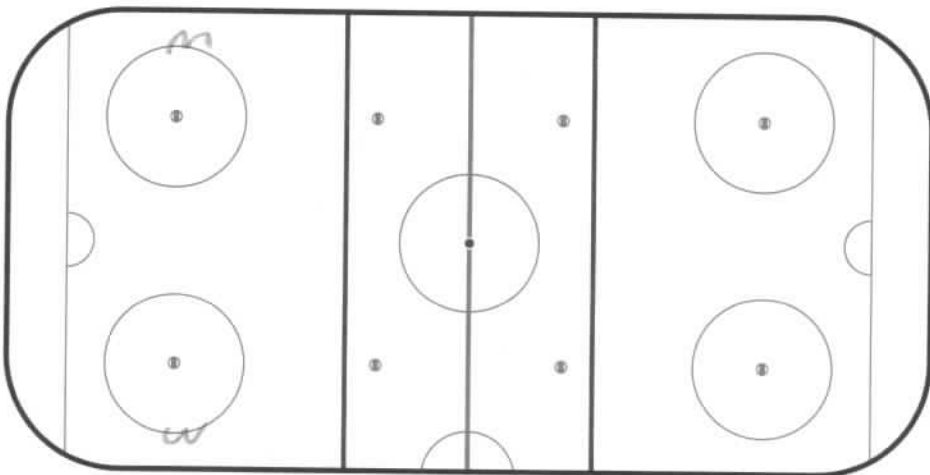
---

---

---

---

---



⑤ 3/3 Spiel

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 4.11.21  
TRAINER: Jürgen  
Domi

---

---

---

---

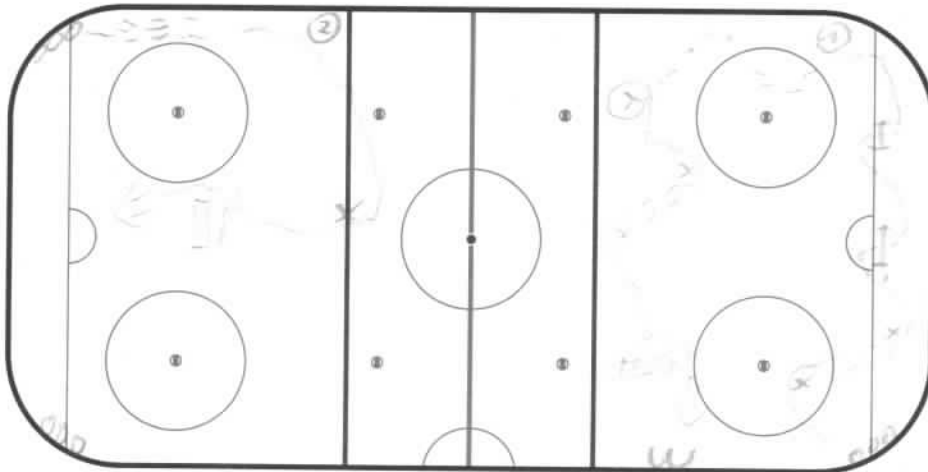
---

---

---

---

# TRAININGSPLAN



① Parcours vorwärts  
rückwärts, usw

② 1/0

---

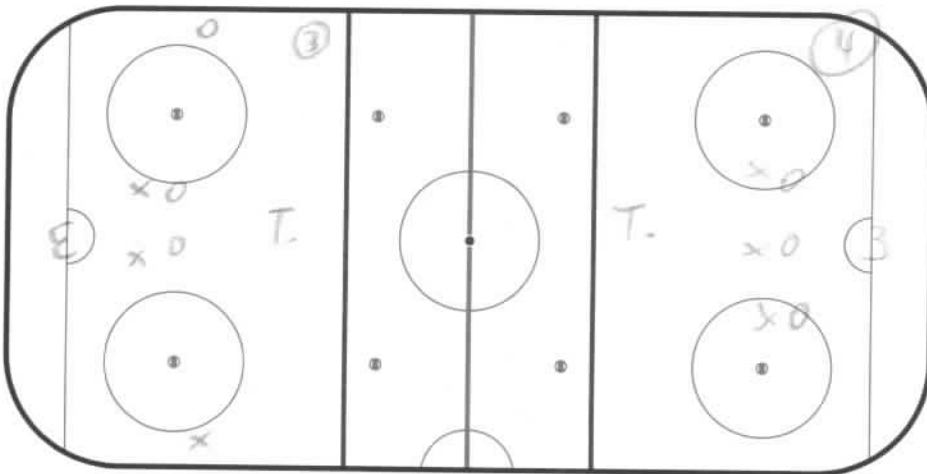
---

---

---

---

---



③ 2/2 → 3/2  
bei Scheitern Besitz

④ 3/3 mit Jokern

---

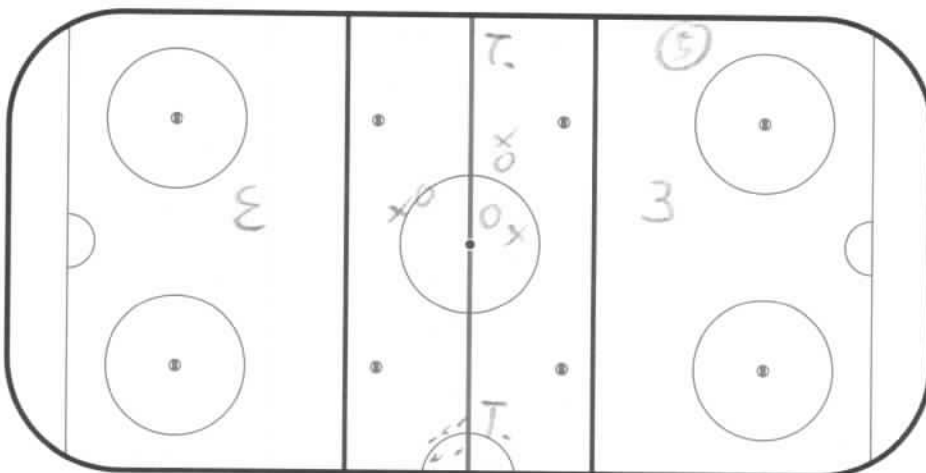
---

---

---

---

---



⑤ 3/3 mit 2 Jokern

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 8.11.  
TRAINER: Jürgen

---

---

---

---

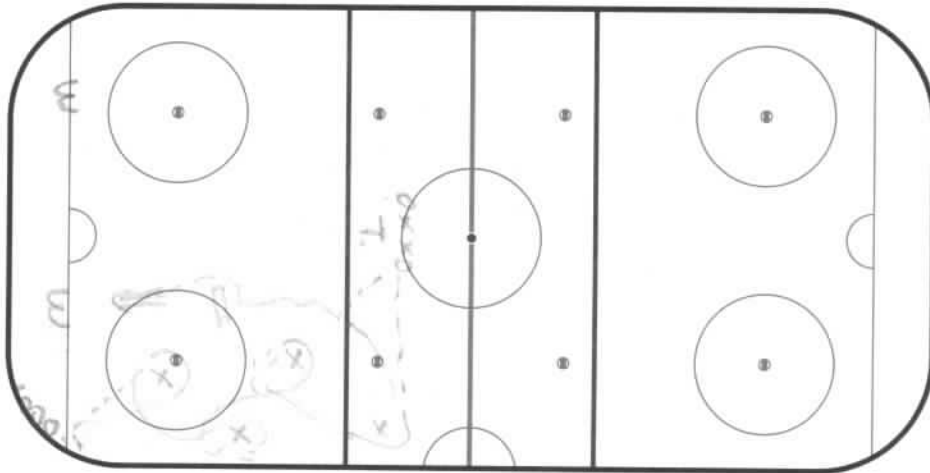
---

---

---

---

# TRAININGSPLAN



1/0 Aufwärmen mit  
Passen, Torwart  
einschiessen

---

---

---

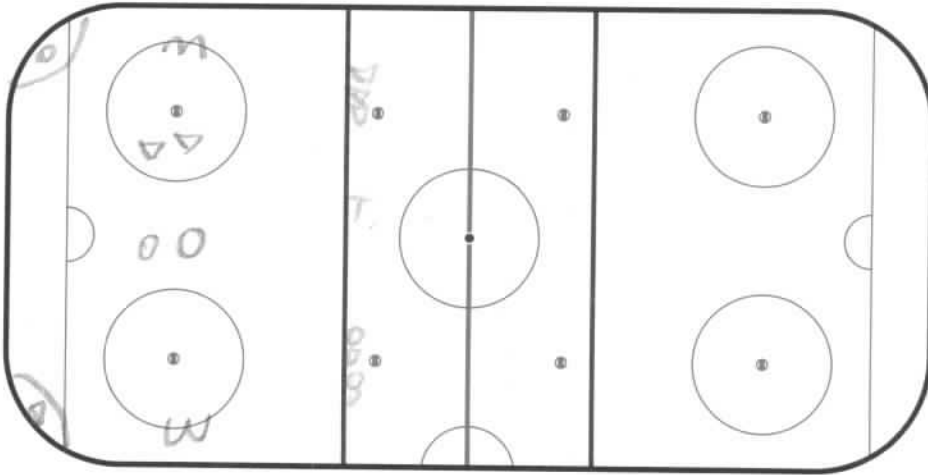
---

---

---

---

---



Spieler tag mit  
Joker  
2/2 und 3/3

---

---

---

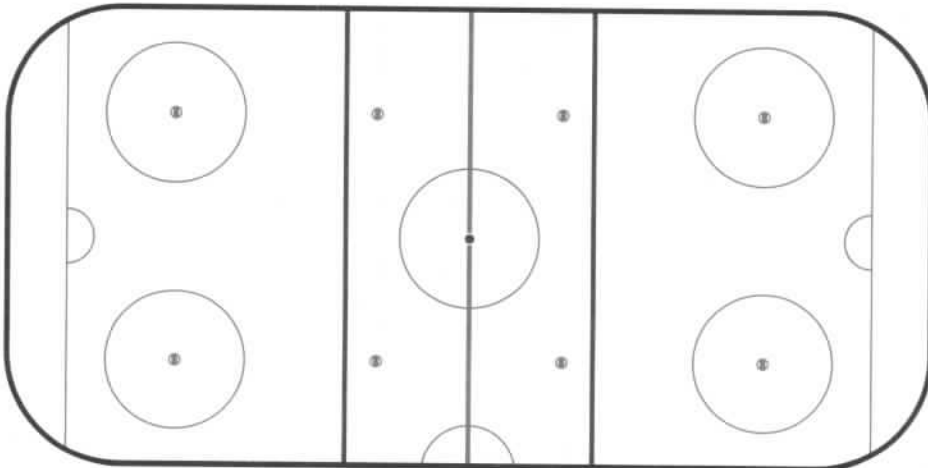
---

---

---

---

---



---

---

---

---

---

---

---

---



TEAM: UM

DATUM: 23.12.21

TRAINER: Martin, Jürgen,  
Mario

---

---

---

---

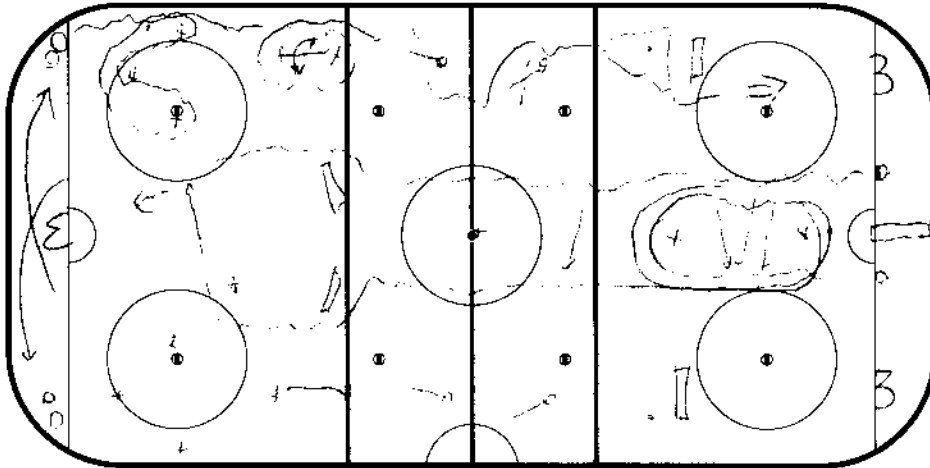
---

---

---

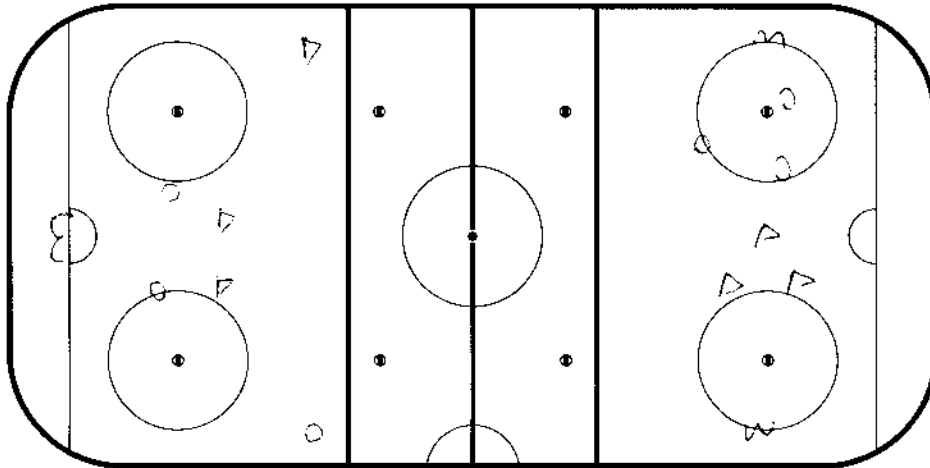
---

# TRAININGSPLAN



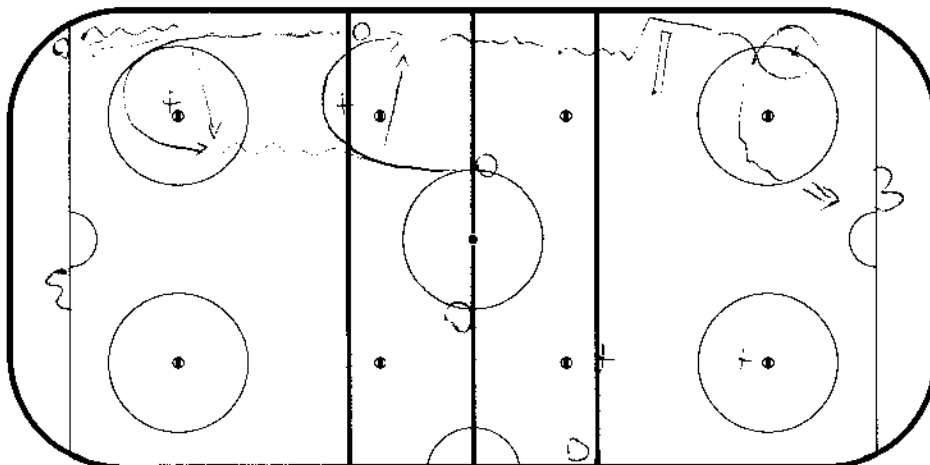
1. 1:0/2:0  
lange Bänke

15 Min



2. Spiel 3:3/2:2+1

10 Min



3. Passübung - Timing  
10 Min

4. Spiel 5:5  
Großfeld  
20 Min

Frohe Weihnachten!



TEAM: U11

DATUM: 16.12.21

TRAINER: Martin, Jürgen

---

---

---

---

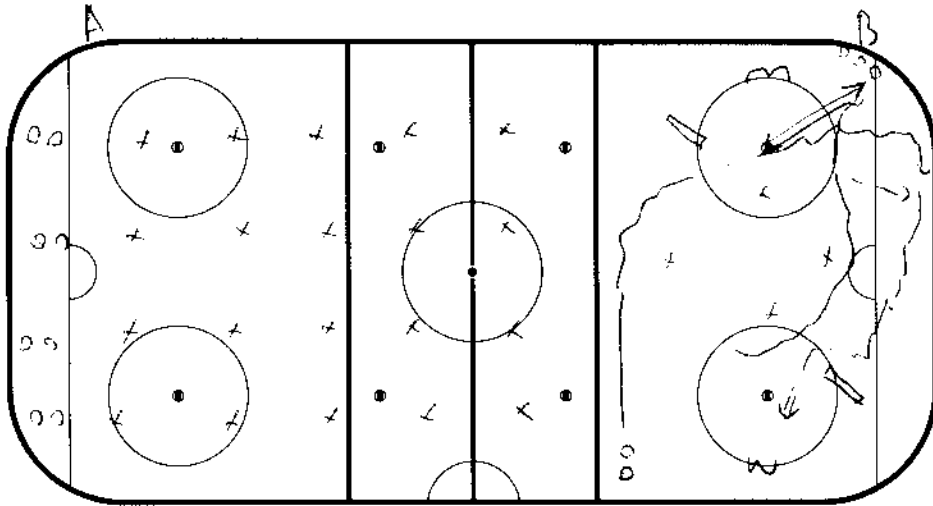
---

---

---

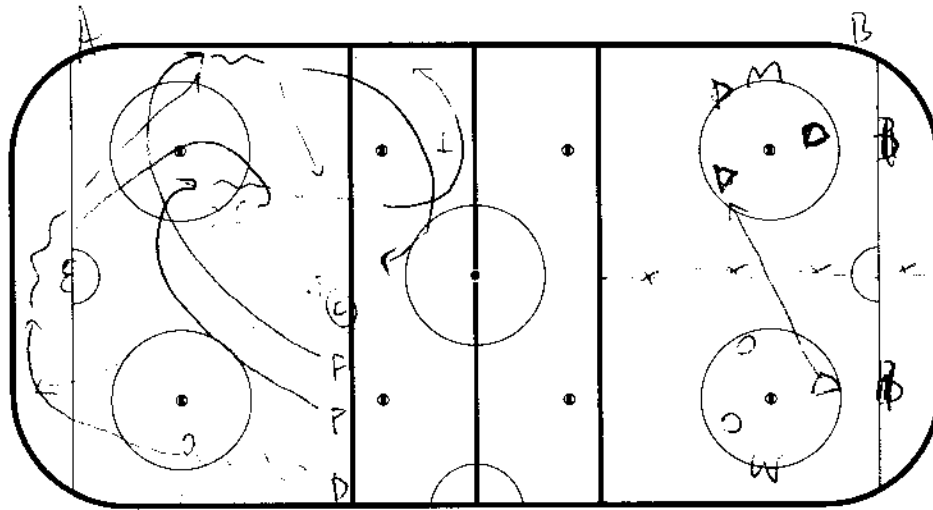
---

# TRAININGSPLAN



- ① A Stickhandling / Tempo  
B Keroumel
- mit einem Pass
  - mit Doppelpass

2 x 10min

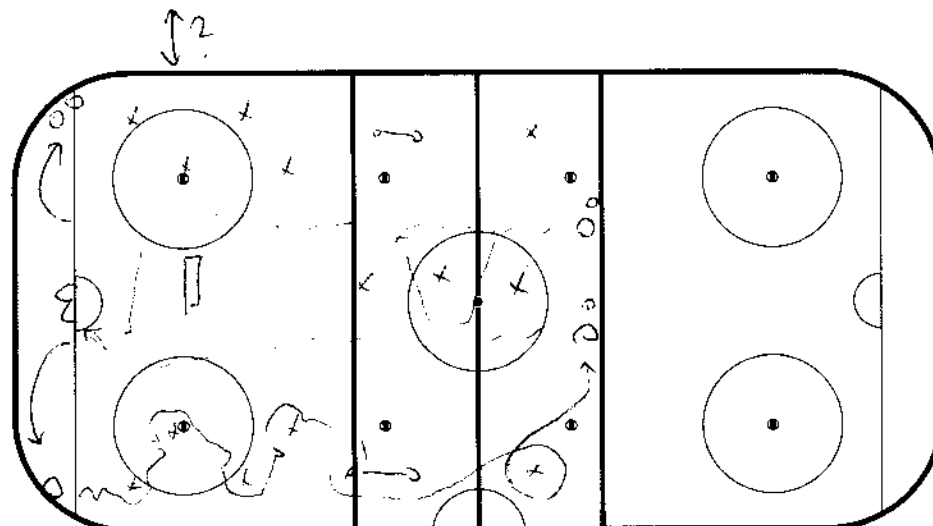


- ② A 2-1 mit Aufbaupass

B 2 x 2-1

→ keine darf über die Mitte

2 x 10min



- ③ Spiel Großfeld

15min



TEAM: U11  
DATUM: 14.12.21  
TRAINER: Martin, Markus

---

---

---

---

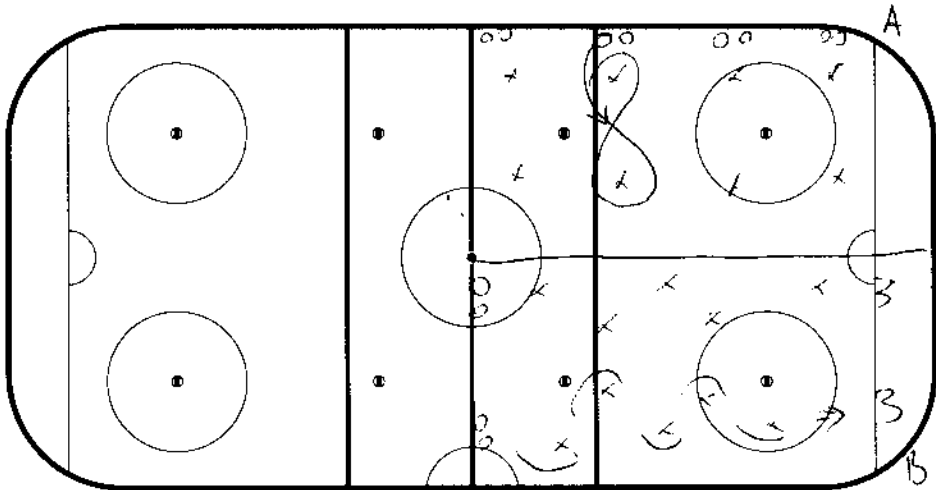
---

---

---

---

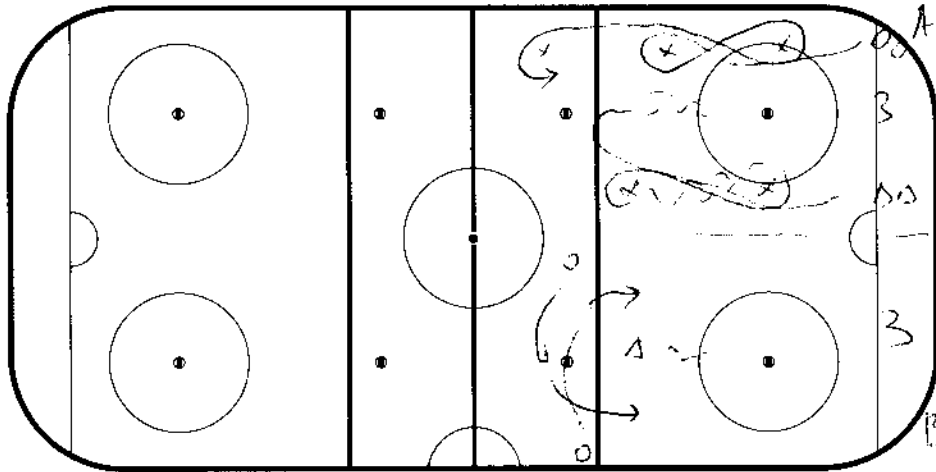
# TRAININGSPLAN



A Adler fanken vorkw

B Stickhandling  
versch. Stille mit  
Abschluß

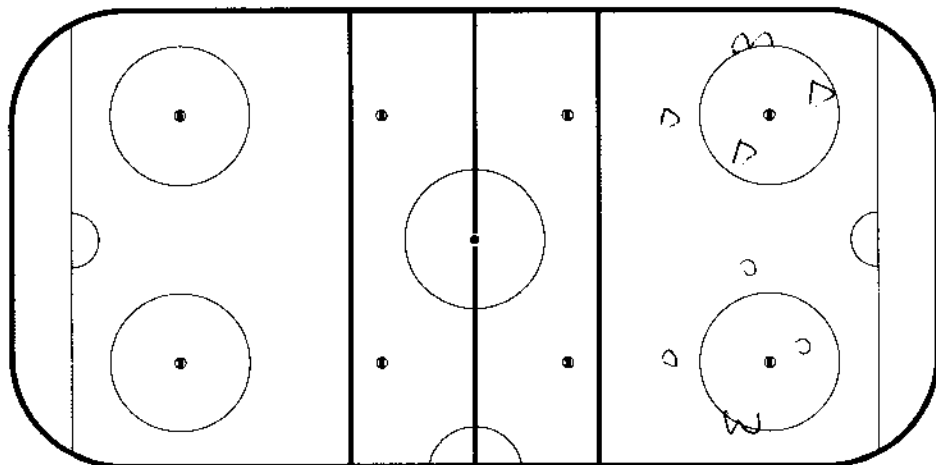
2x 10min



A 1:1 Timing

B 2:1 Kreuzen  
2. Schiebe

2x 10min



Spiel 4:4

15min



TEAM: U11

DATUM: 9.12.21

TRAINER: Martin Jürgens

---

---

---

---

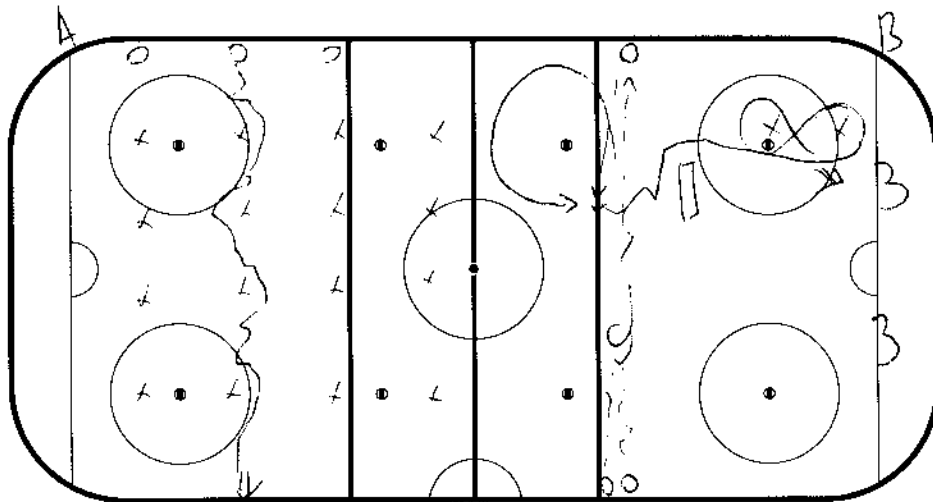
---

---

---

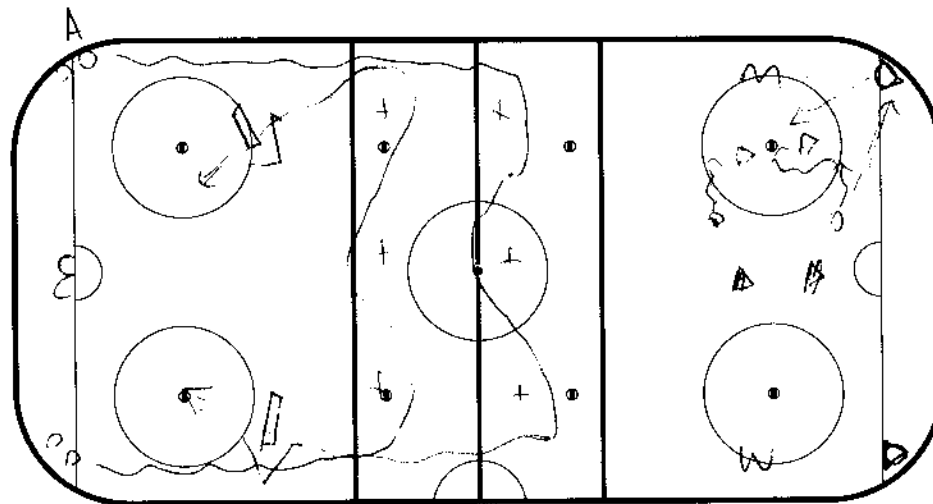
---

# TRAININGSPLAN



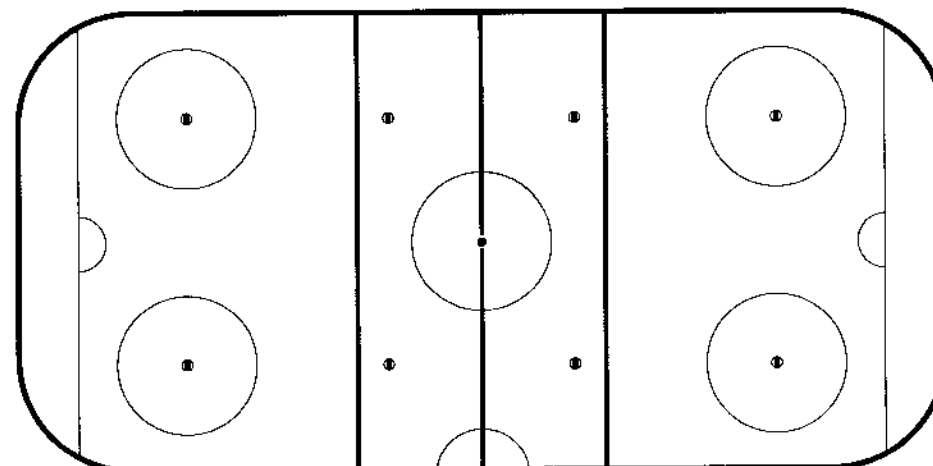
A Laufen + Stocktechnik  
B 1:1 Passen

2 x 10 min



A Welle - Laufen / Tempo  
Tauschung Schuß

B 3:2 Ecke in der Ecke  
→ Mann halten



---

---

---

---

---

---

---

---



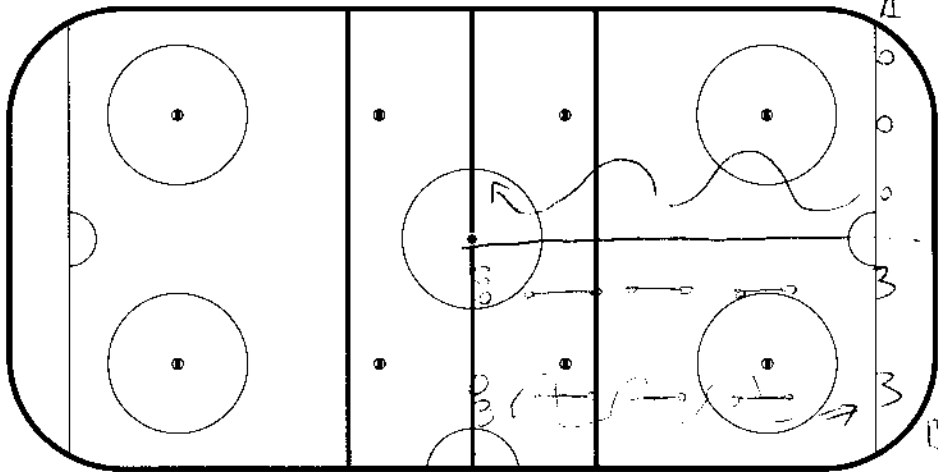


TEAM: U11

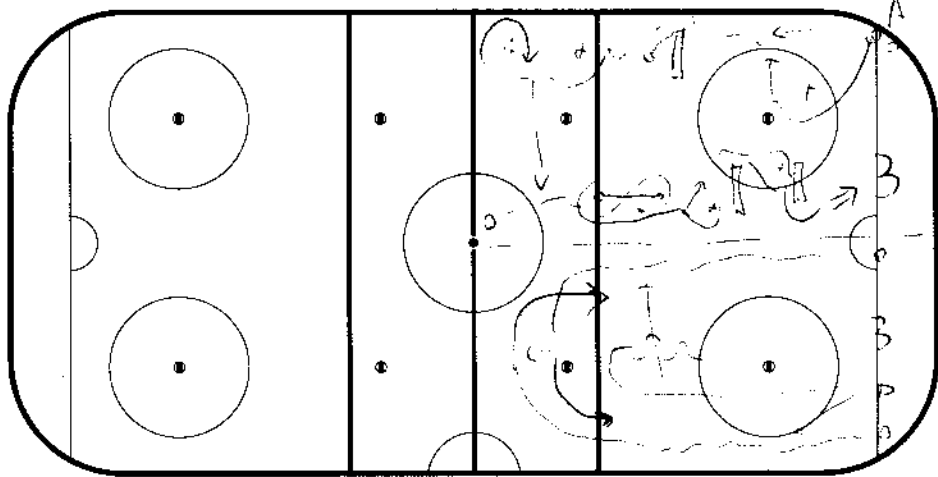
DATUM: 7.12.21

TRAINER: Markus Martin

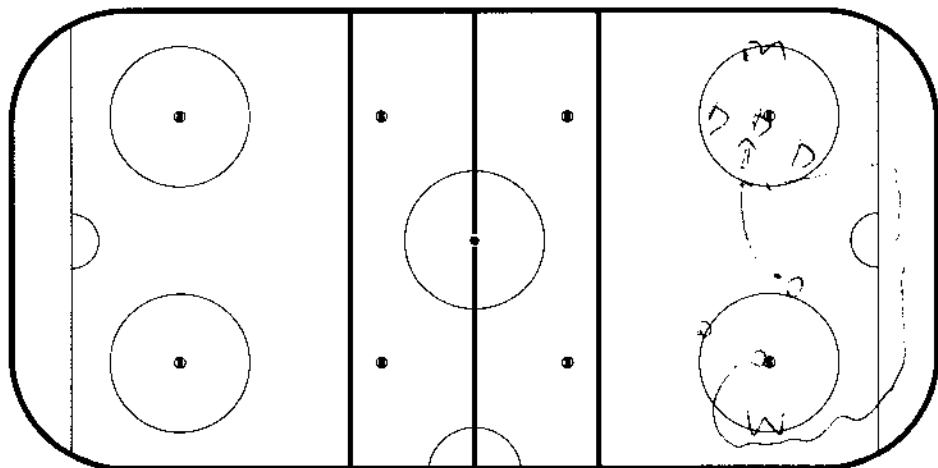
# TRAININGSPLAN



① A Starting 1k/1k w/w/w  
B Stick handling  
Pull move/fake  
2 x 16 Min



② A Breakout mit Pässen  
B 2-1 mit Pässen  
2 x 16 Min



③ Spiel 3:3/4:4  
- Lanes mit Schube  
- Pass zum Tor



TEAM: U11

DATUM: 2.12.21

TRAINER: Martin Jürgen

---

---

---

---

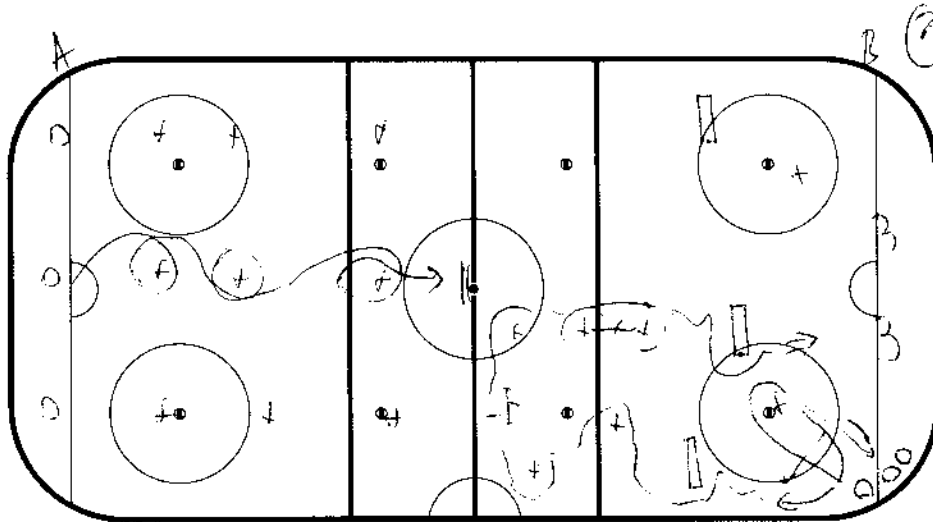
---

---

---

---

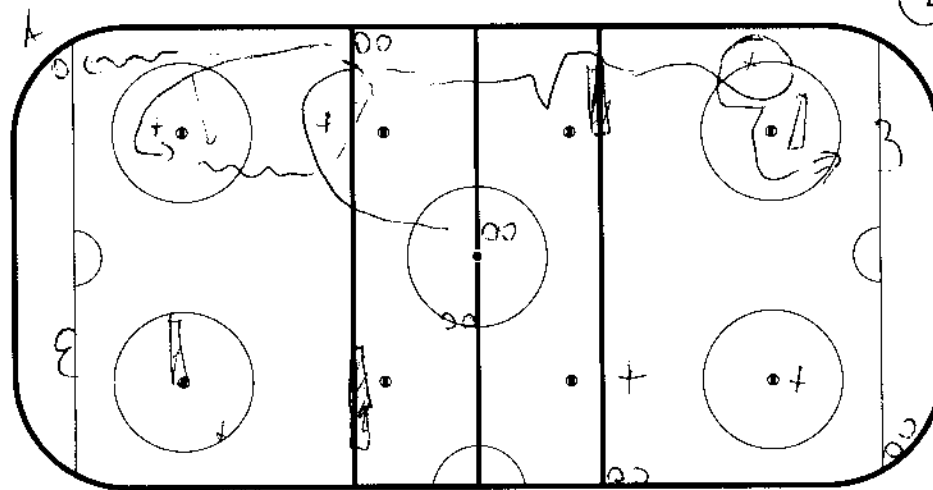
# TRAININGSPLAN



① A Skating Bogen vnlrw

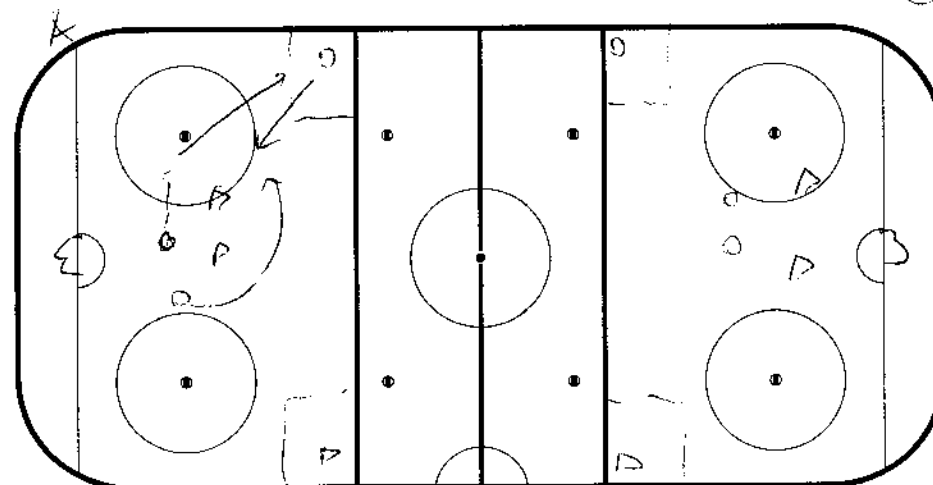
B Passdauer 2 Seiten  
(auf Pfiff)

2 - 10min



② A Passübung mit Timing  
2-Seiten

10min



③ A Spiel mit Joker  
an blauer Linie

Freilaufen, Laufplan  
mit Scheibe

10min

④ Spiel Großfeld 4:4



TEAM: U11

DATUM: 30.11.21

TRAINER: Marvin, Markus

---

---

---

---

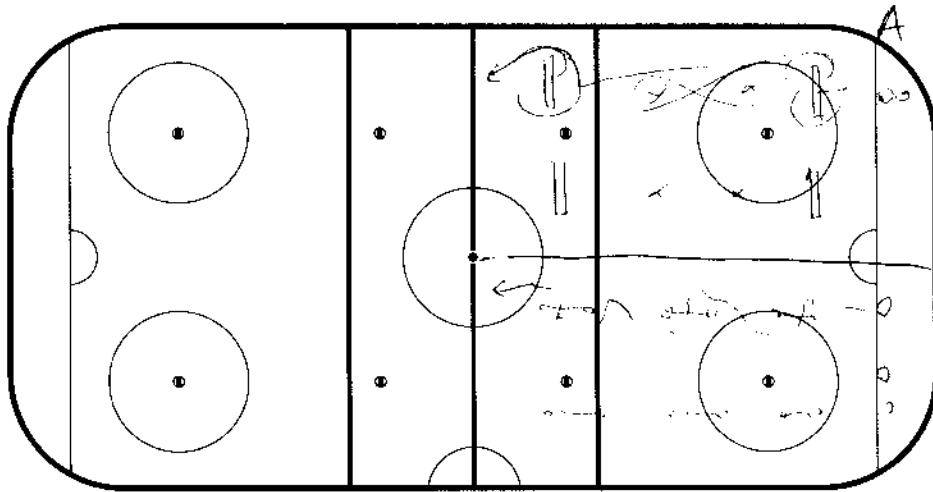
---

---

---

---

# TRAININGSPLAN



A Steering-Sprünge

B Stickhandling

---

---

---

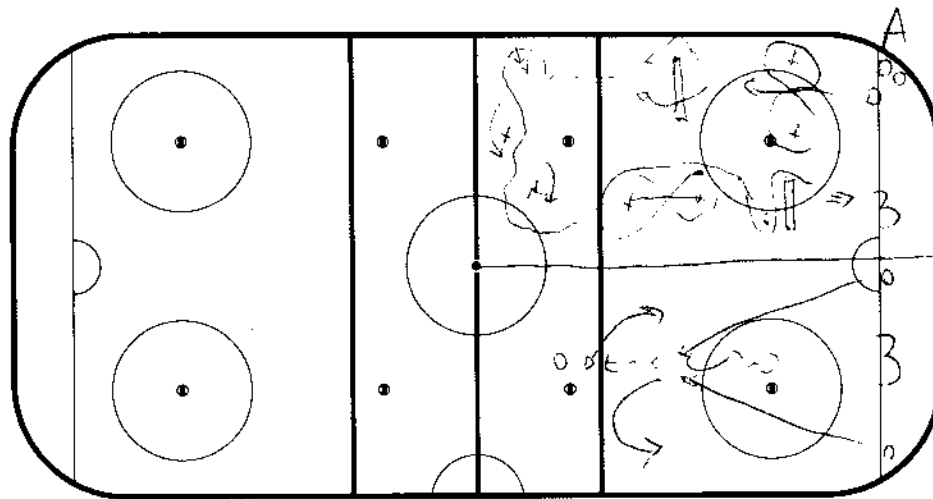
---

---

---

---

---



A Parcours

B 2-1 Wettrennen

---

---

---

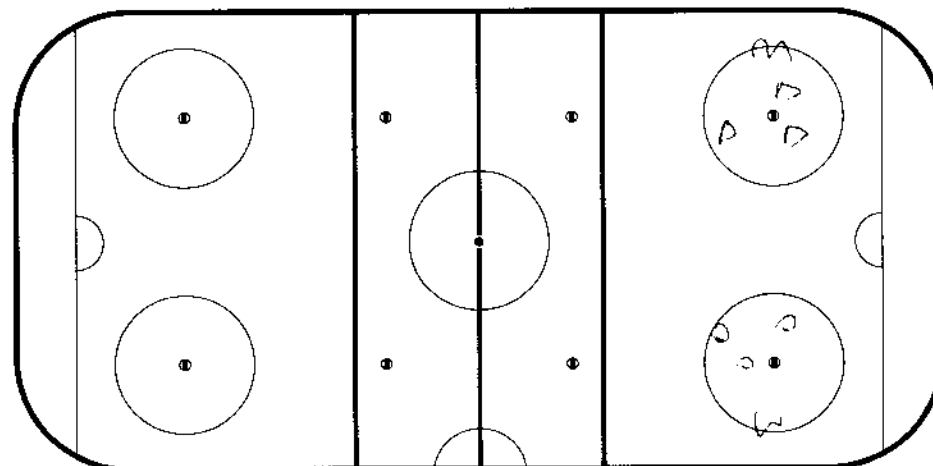
---

---

---

---

---



Spiel 4:4

---

---

---

---

---

---

---

---



TEAM: UM

DATUM: 25.11.21

TRAINER: Martin, ~~Tom~~ Jürgen,  
Domi

---

---

---

---

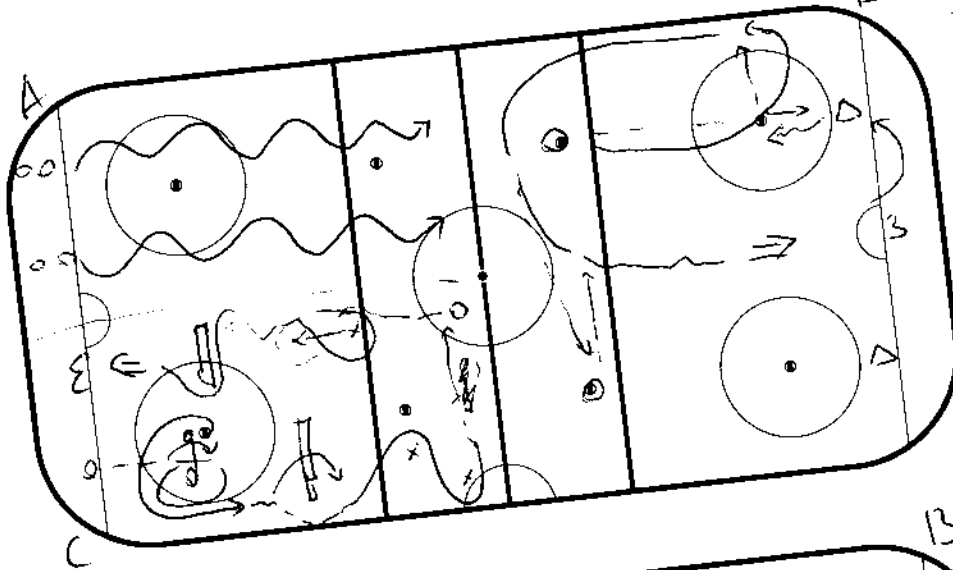
---

---

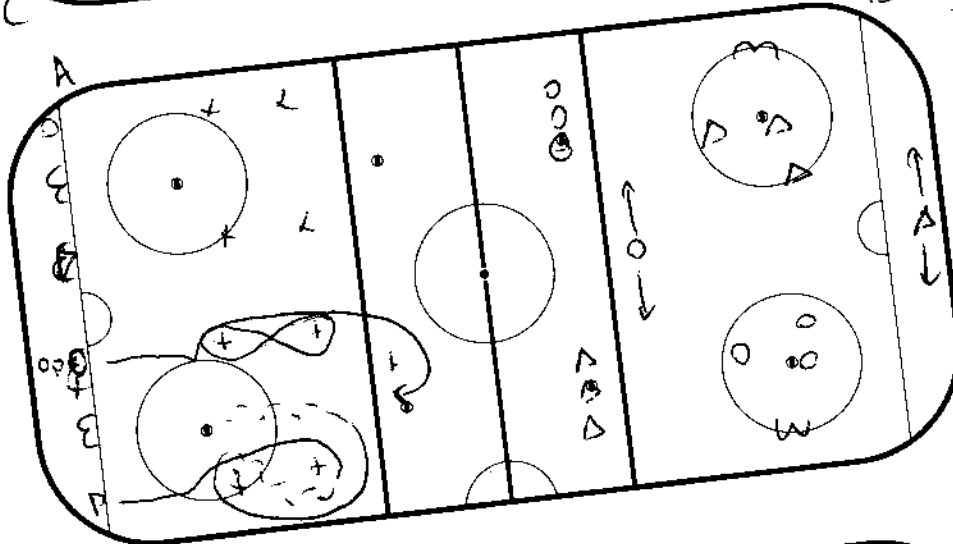
---

---

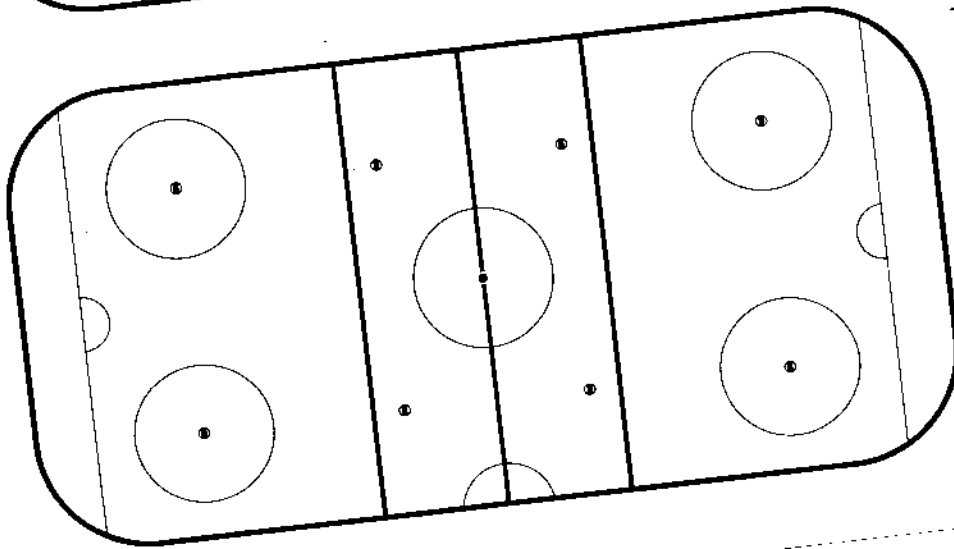
# TRAININGSPLAN



B ① A Staking 1K/AK v/w/w  
B 1:0 mit Anbaupass  
C Parcours Stickhandlin  
Sprünge  
3 x 9 min



B ② A 1:1 mit Staking  
(2 Seiten)  
B 2:2 / 3:3 auf  
kleine Tore  
2 x 8 min



③ Spiel Großfeld  
12 min



TEAM: MMA  
DATUM: 23.11.21  
TRAINER: Martin, Markus,  
Domi

---

---

---

---

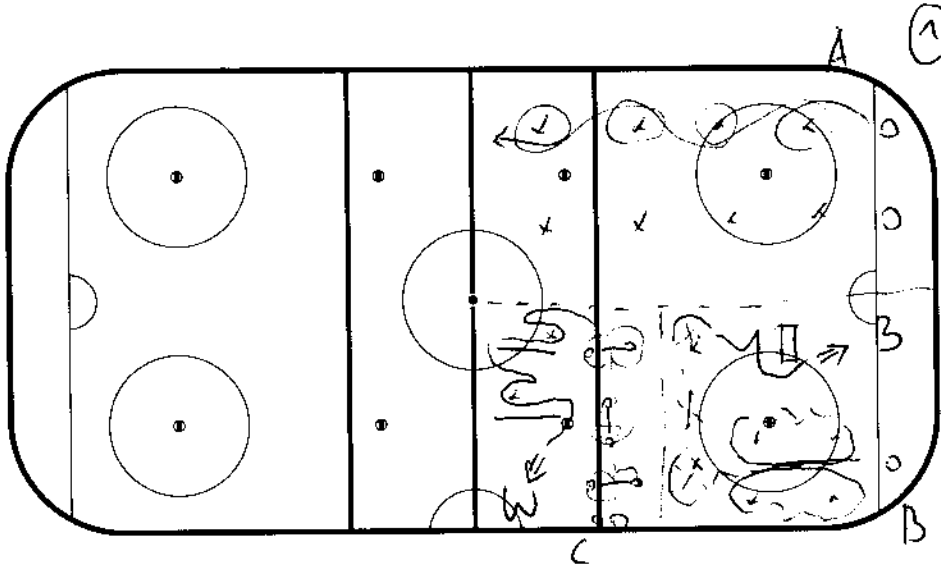
---

---

---

---

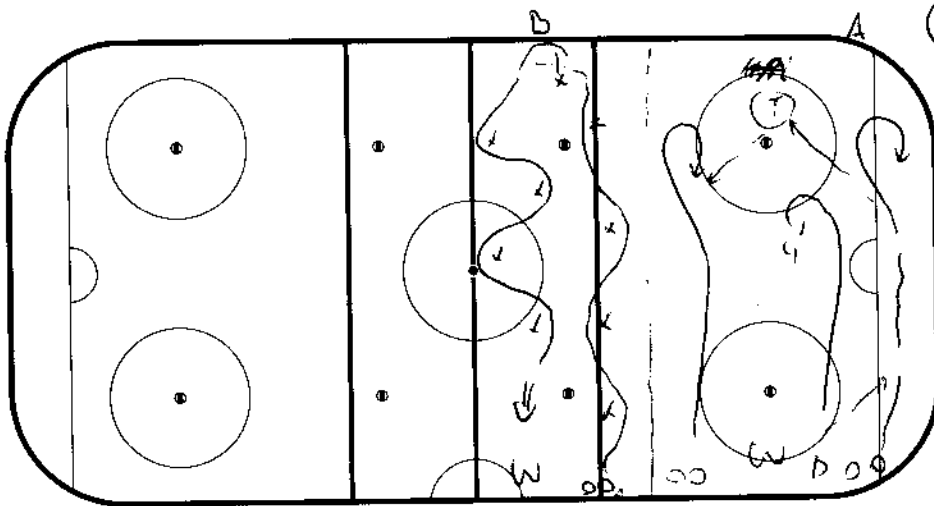
# TRAININGSPLAN



① A Staking

B Parcours vw/rw  
Transition

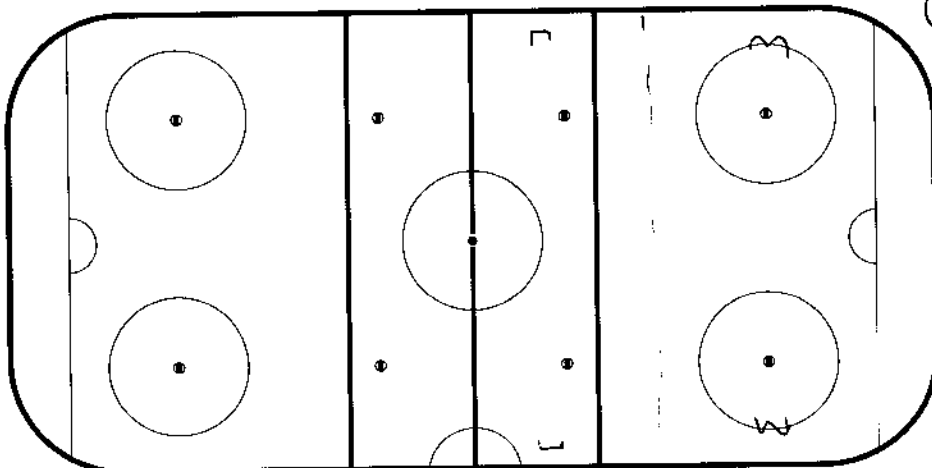
C Stickhandling  
Toe Drag  
3 x 10min



② A 2-1

B Fahren mit Scherbe  
Tempo / Scherbenschwicht  
versch Varianten

2 x 8min



③ Spiel 2-2 | 3-3

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 18.11.21  
TRAINER: Martin, Jürgen

---

---

---

---

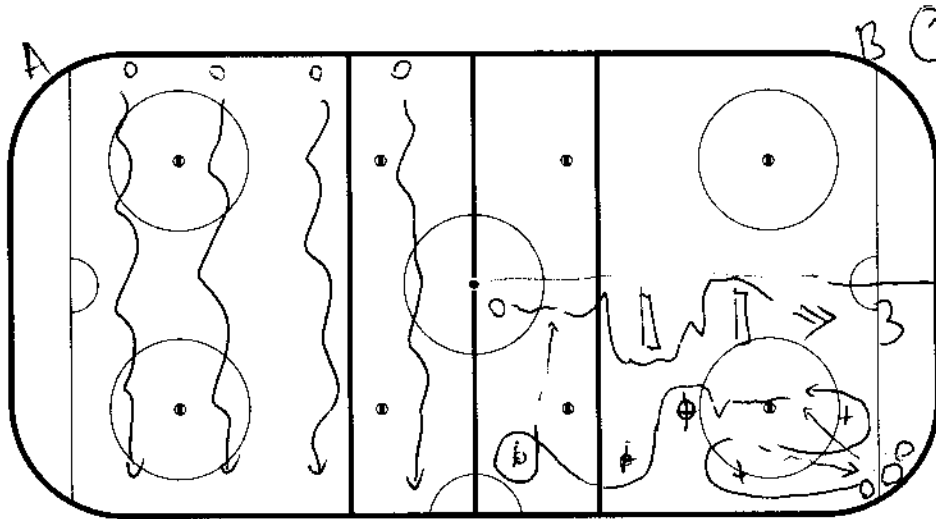
---

---

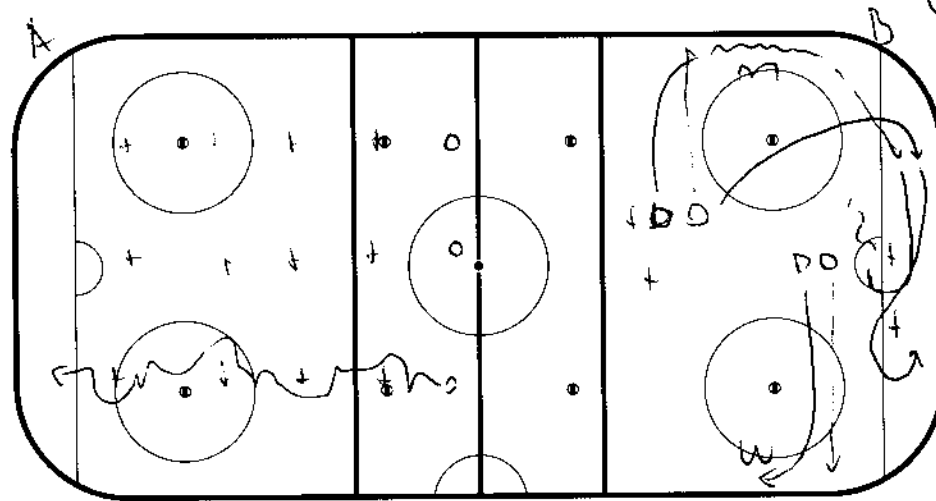
---

---

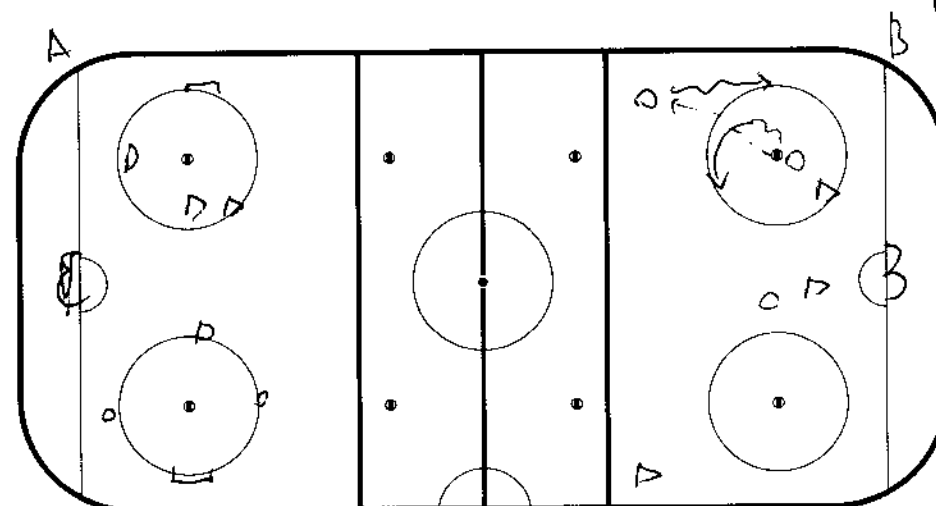
# TRAININGSPLAN



① A Skating ABC  
Innenkante / Außenkante  
B Parcours mit Pops  
Beide Seiten!  
10 Reifen, 4 Blocker  
2 x 10min



② A Stickhandling  
B 1:1 mit Aufbaupass  
2 x 10min



③ A 3 3 kleine Tore  
B 2:2 mit Joker  
→ 3:2  
2 x 10min



TEAM: U11

DATUM: 16.11.21

TRAINER: Mahn, Markus

---

---

---

---

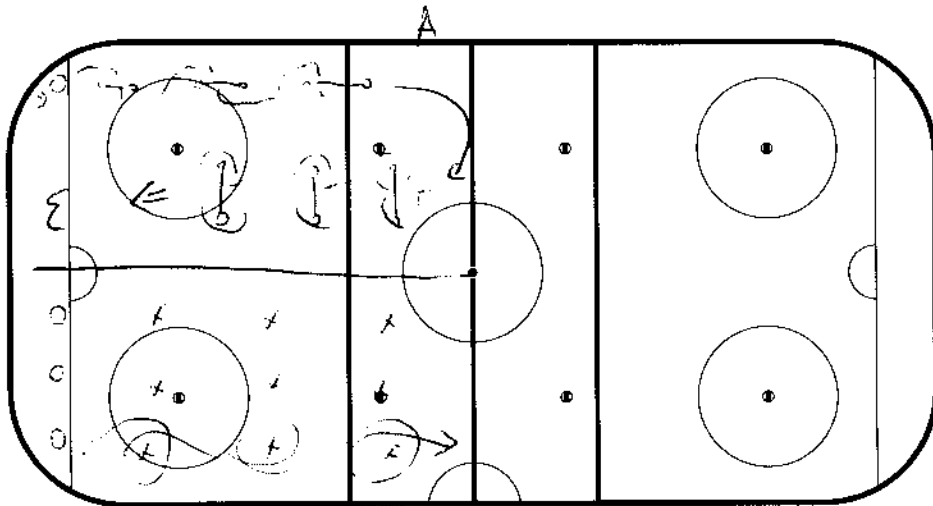
---

---

---

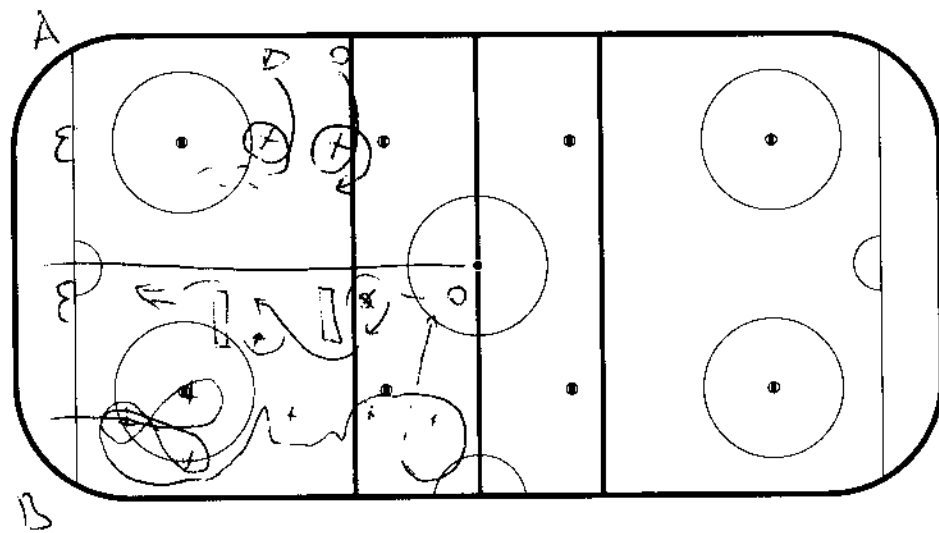
---

# TRAININGSPLAN



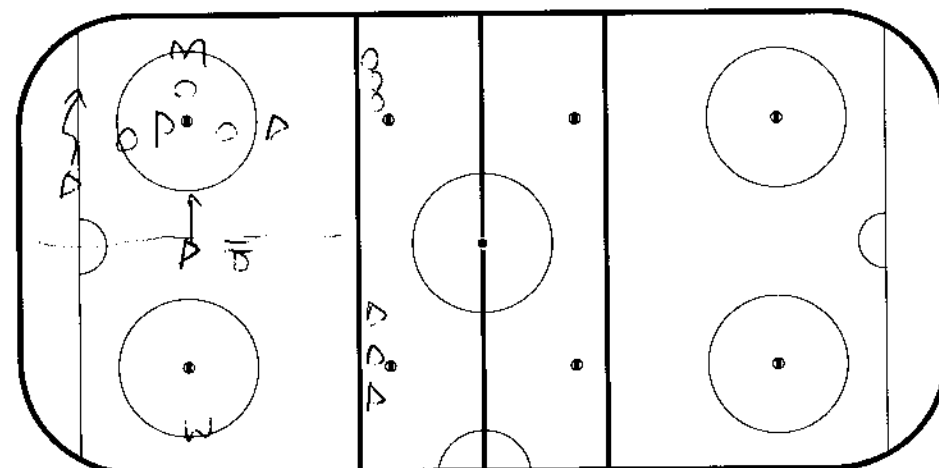
A Stickhandling  
B (Pull Move etc.)  
B Startig IK/AK  
vw/rw

2 x 10min



A 1:1  
B Parcours mit Pops  
Tempo

2 x 10min



Spiel 4:4  
fehlt Spiele (Def.)  
muss wachen  
→ Backcheck üben

15min

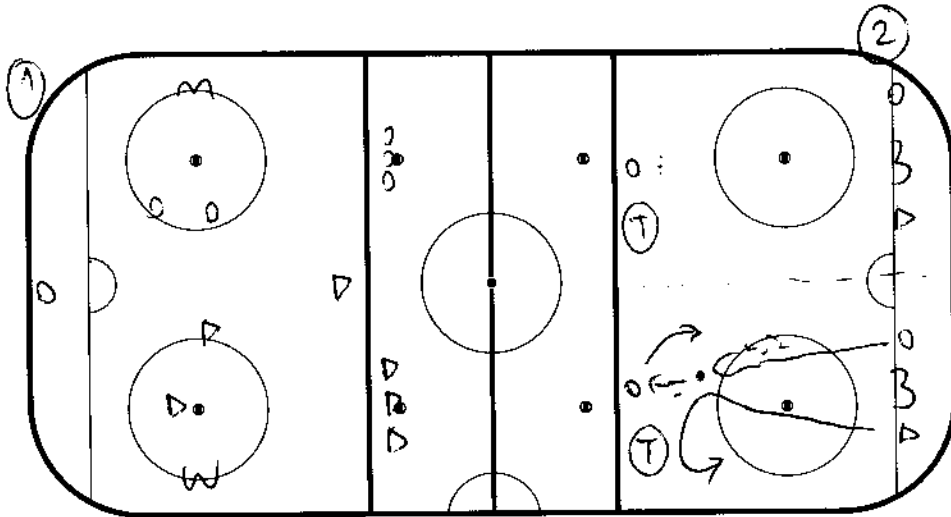


TEAM: UM

DATUM: 14.10.21

TRAINER: Martin Jäger, Peter

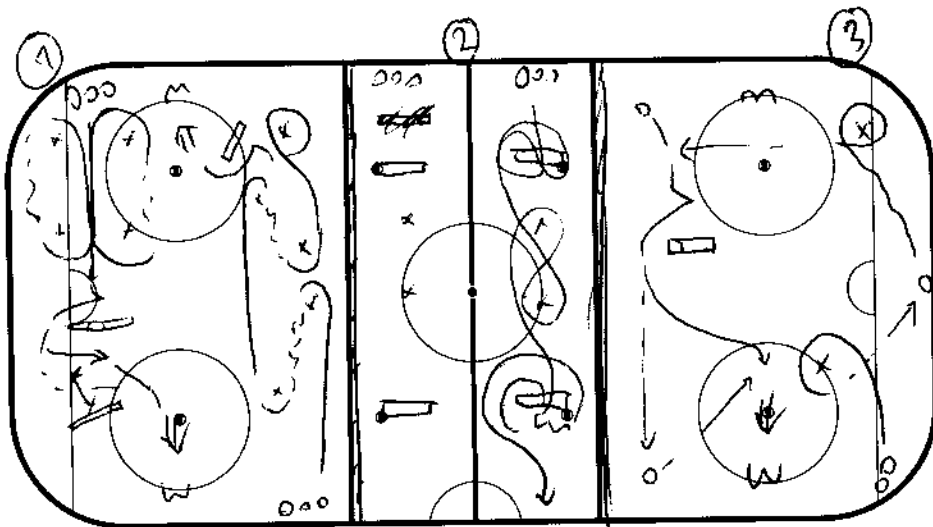
# TRAININGSPLAN



① Spiel mit Joke  
an der Seite  
→ Mits angespielt  
werden

② Wettrennen 2:1

2 x 8 min

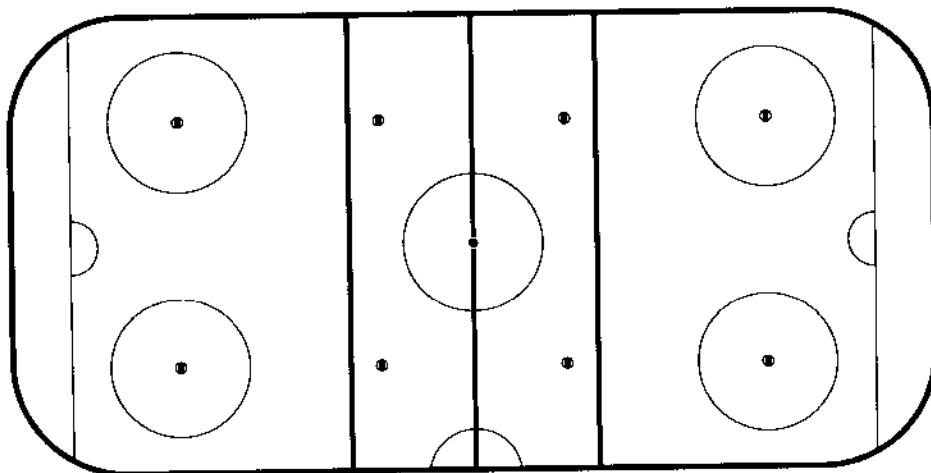


① Vorlauf mit Scheibe

② Skating mit Sprung  
1K/1K

③ Passen aus dem Lauf

3 x 10 min



Spiel 5:5 Großfeld

8 Min





TEAM: ~~H.H.Z~~ U11

DATUM: 11.11.21

TRAINER: Martin, Dami,  
Jürgen

---

---

---

---

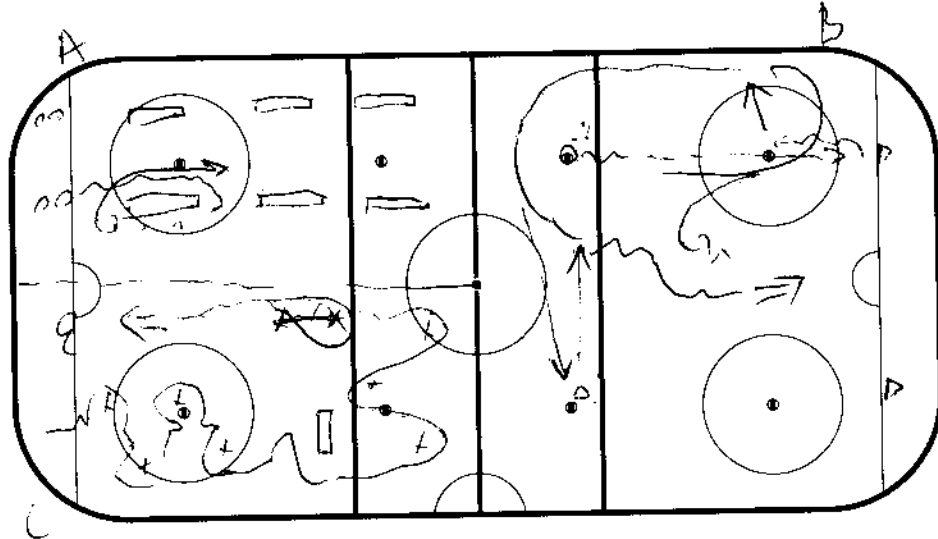
---

---

---

---

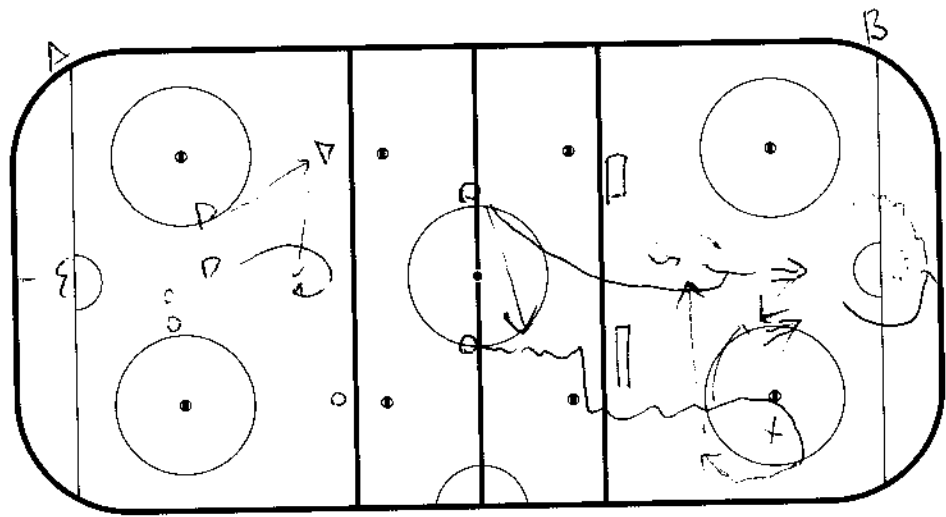
# TRAININGSPLAN



A Skating vwlw  
versch. Varianten

B 1:1 mit Anbaupass  
und 2. Pass

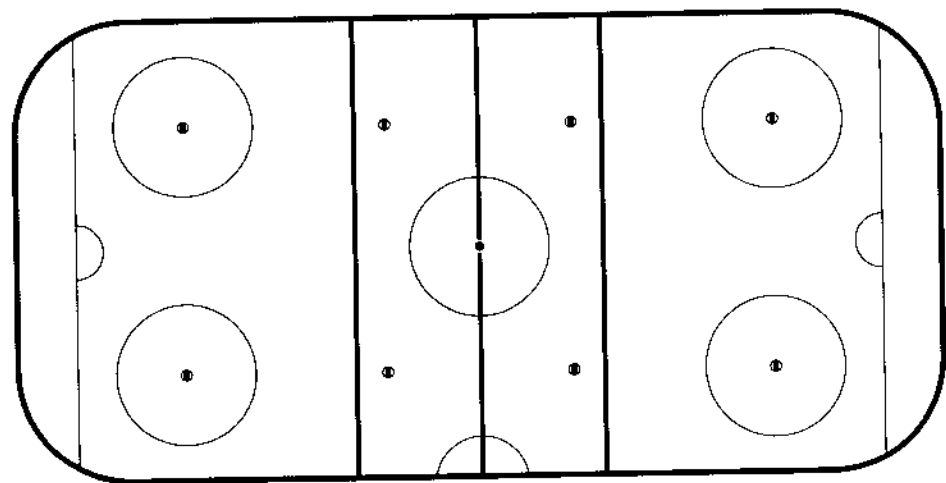
C Parcours Stickhandling  
3-10 min



A Spiel 2:2 + Idee

B 2:0 mit Timing  
2x

2x 8 min



Spiel 5:5

10 min



TEAM: MM  
DATUM: 9.11.21  
TRAINER: Martin, Markus,  
Dami

---

---

---

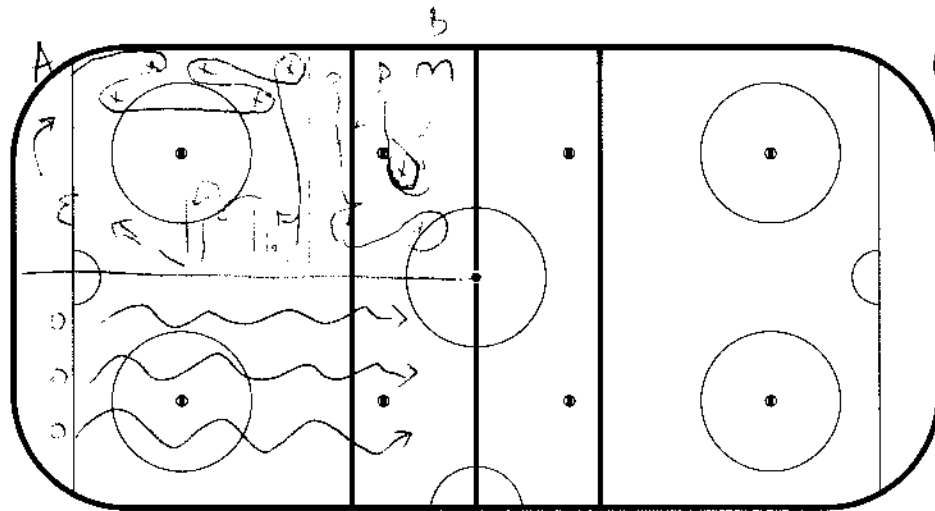
---

---

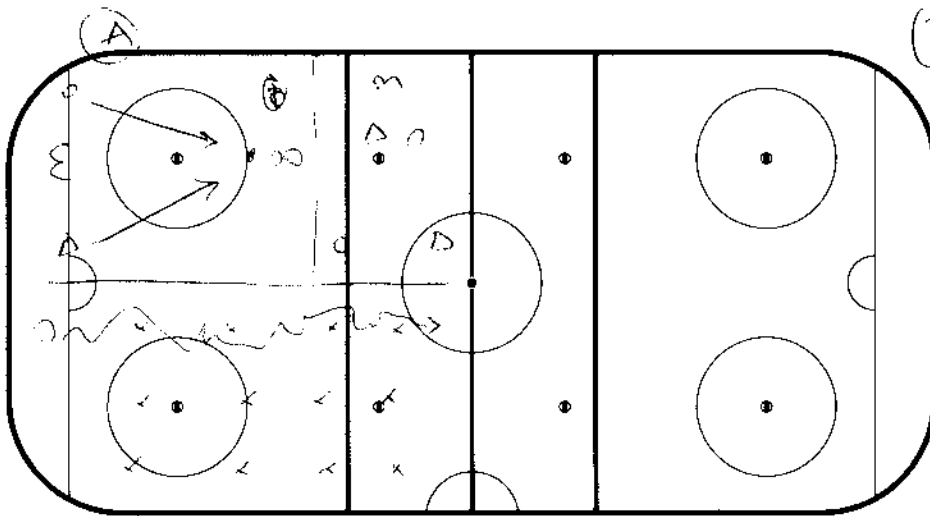
---

---

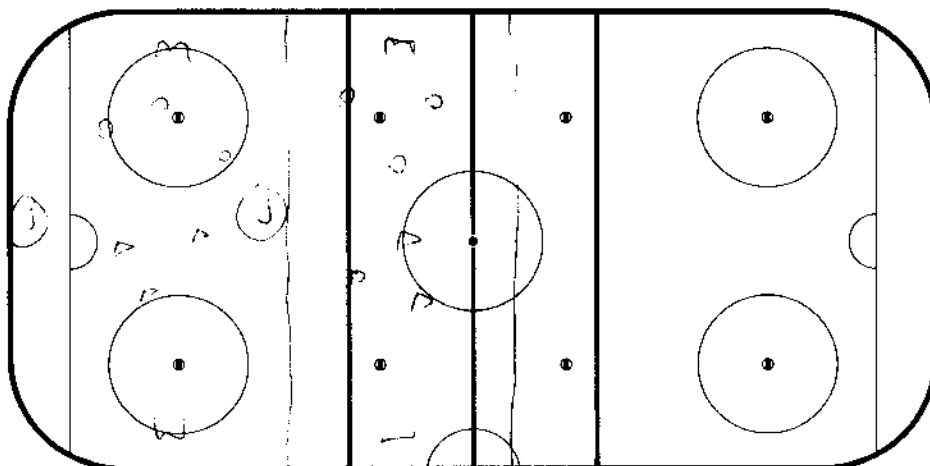
---



① (A) Parcours > je 6min  
(B) 2:1  
(C) Startübung  
2x 12min



② (A) 2:1 Rennen > je 6min  
(B) 4:1 mit Joke > je 6min  
(C) Shothandling 12min  
2x 12min



③ Spiel 3:3/4:4  
10min



TEAM: UM

DATUM: 2.11.21

TRAINER: Martin Gabriel/Vitus

---

---

---

---

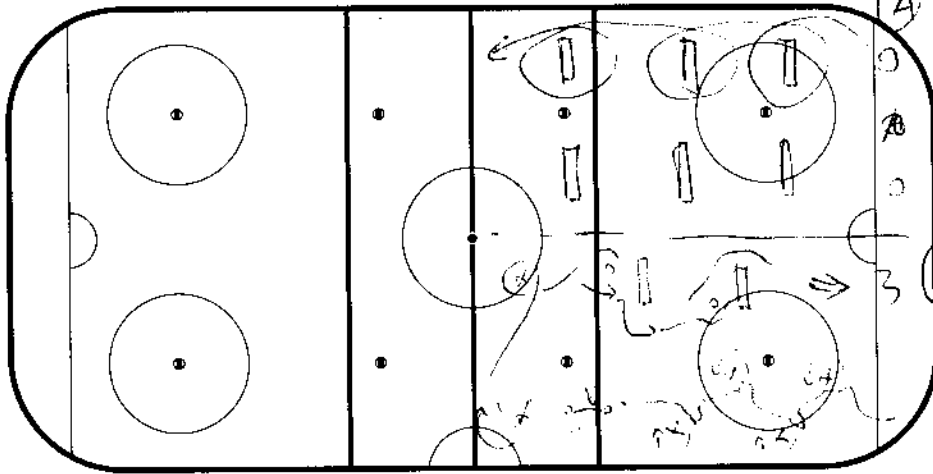
---

---

---

---

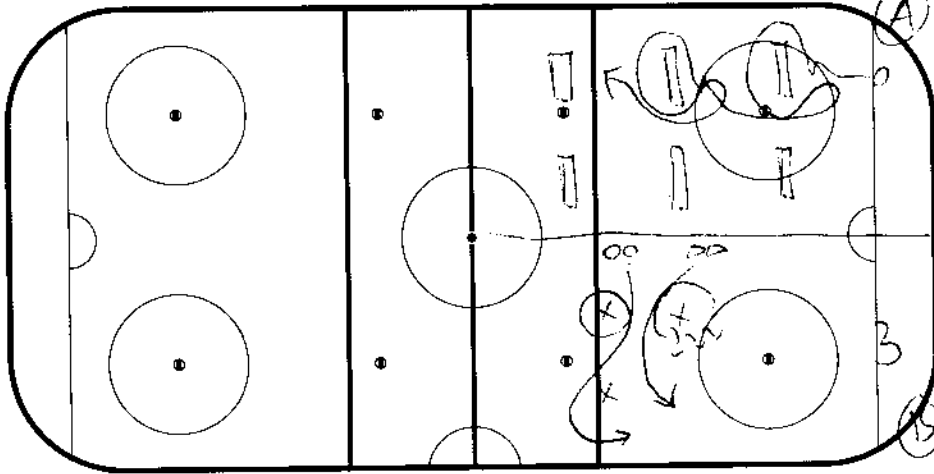
# TRAININGSPLAN



① A Skating-Übungen

B Parcours-Stocktechnik

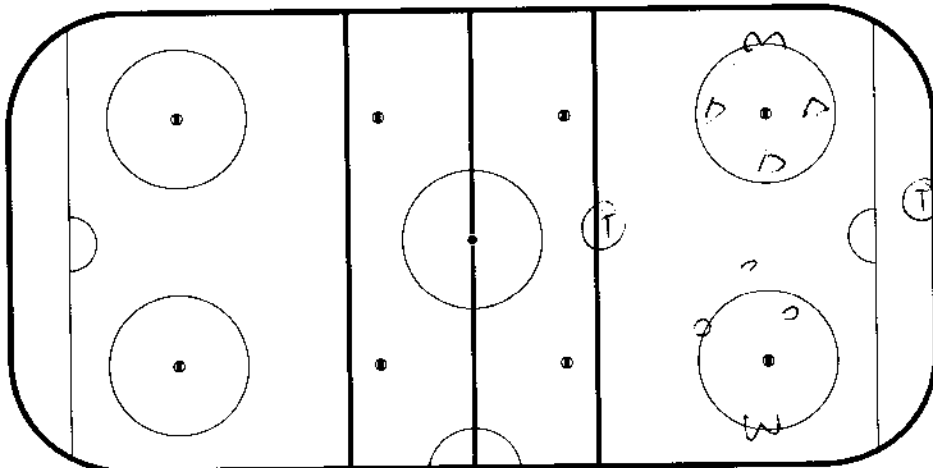
2x 10min



② A Laufen mit Scheibe  
Übungen - Fakes

B 1:1

2x 10min



③ Spiel mit 2 Puckern

2:3

15min



TEAM: U11

DATUM: 28.10.21

TRAINER: Martin, Jürgen, David

---

---

---

---

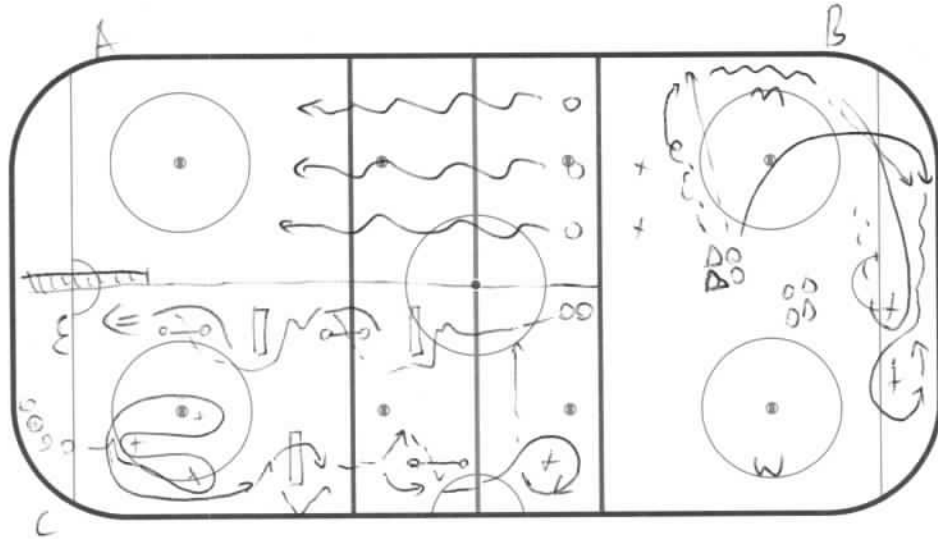
---

---

---

---

# TRAININGSPLAN

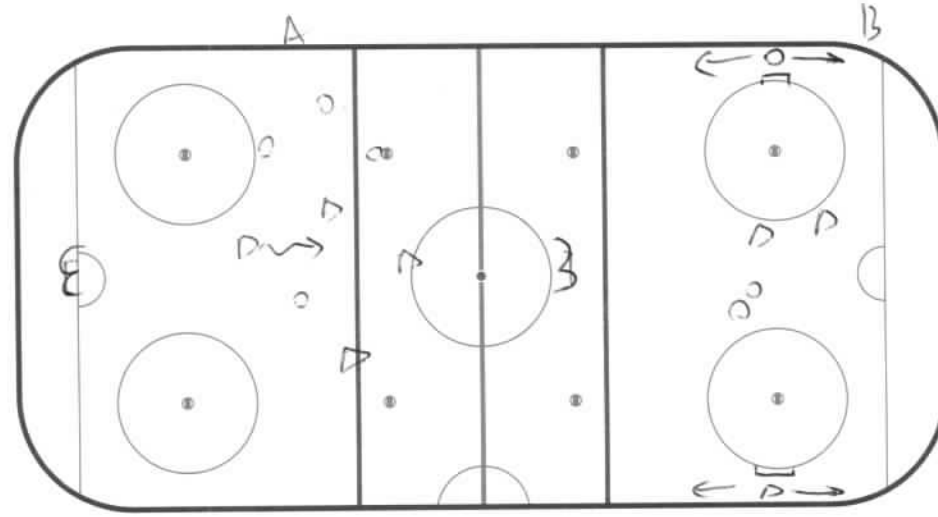


A Startig ABC

B 1-1 mit Aufbau

C Parcours Stückhandling

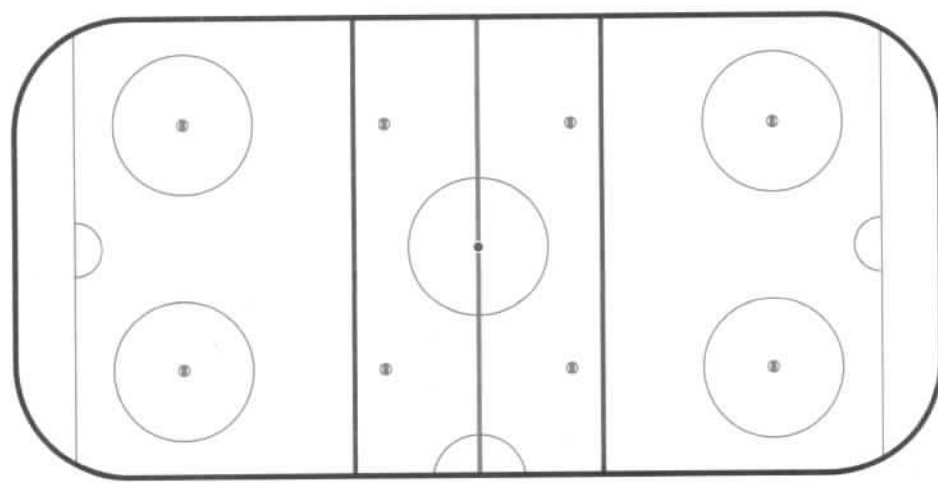
3 x 12min



A Spiel 4:4 40m Feld

B Spiel 2:2 mit Offensiv  
Joker links dem Tor

2 x 10min



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 27.10.21  
TRAINER: Jürgen  
Domi  
Vitus

---

---

---

---

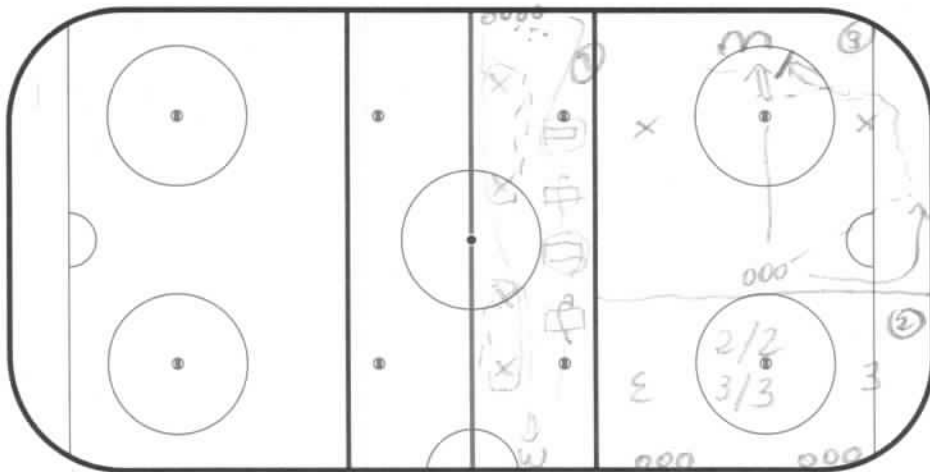
---

---

---

---

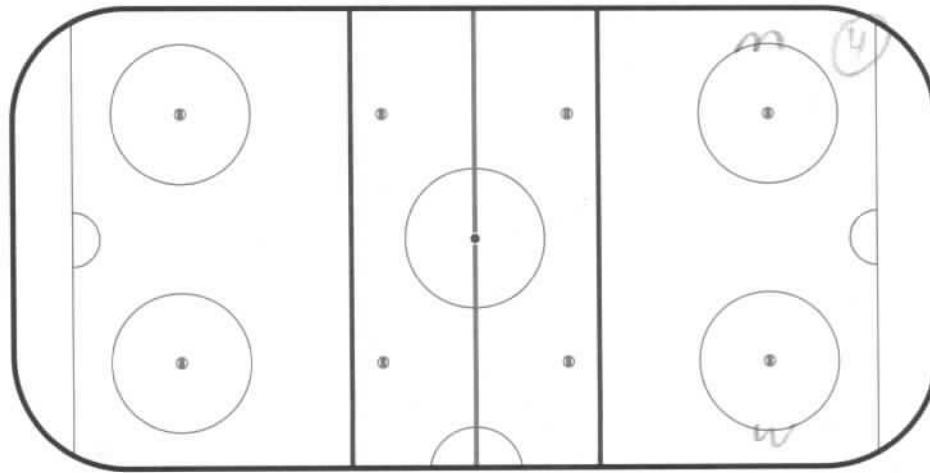
# TRAININGSPLAN



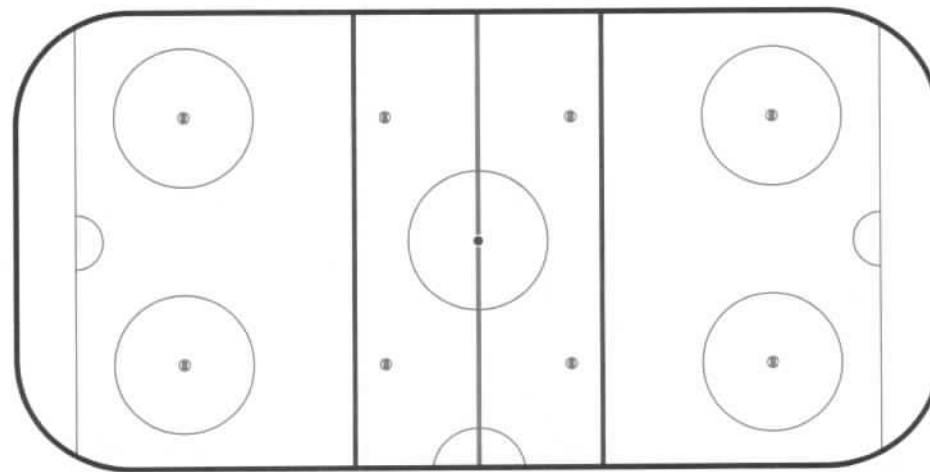
① Vorwärts, Rückwärts,  
Sprung,

② Spiel 2/2 bzw  
3/3 mit Joker

③ Passen nach aussen  
mit Timing freilaufen  
Pass-Schuss



④ Spiel 4/4  
mit Vorgabe passen



---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 26.10.21  
TRAINER: Mathis, Markus,  
Domi

---

---

---

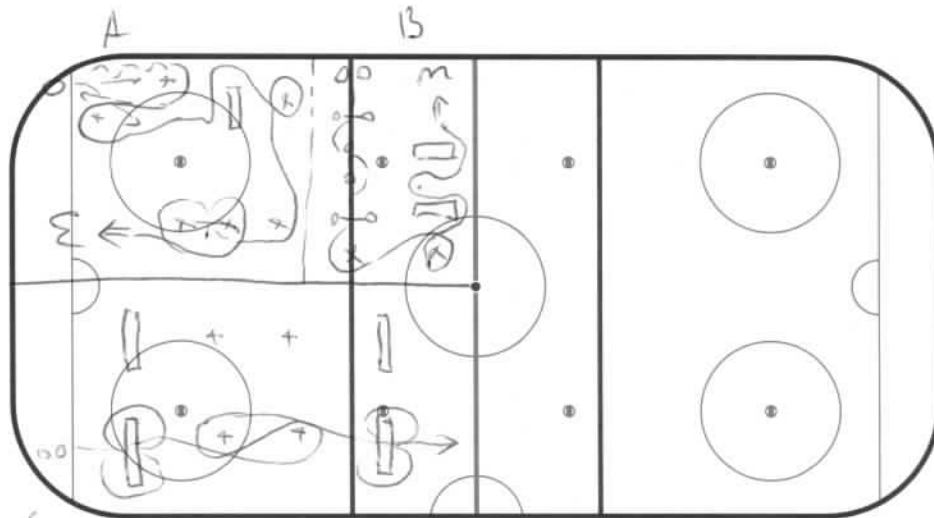
---

---

---

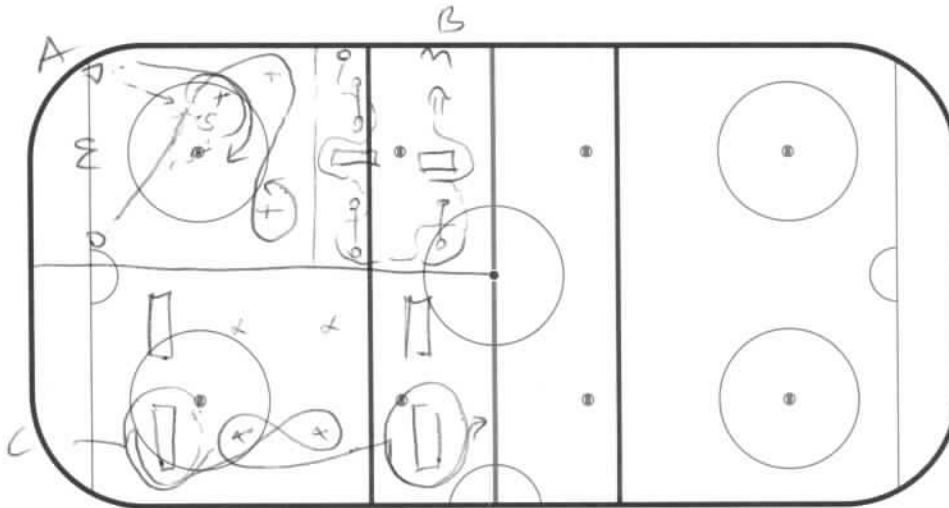
---

---



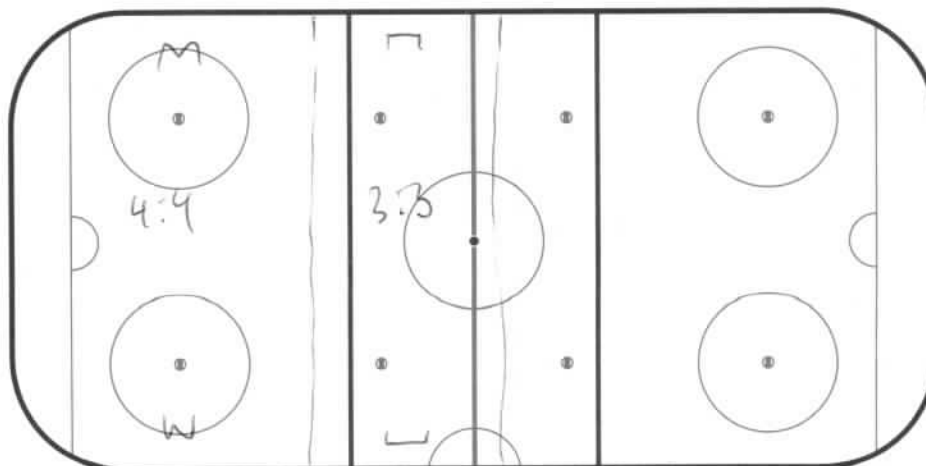
A: Parcours mit Pässe  
B: Stocktechnik  
C: Skating-Springen

3x 8 min



A: 1:1 - Timing aufbauen  
B: Stock-technik  
C: Skating mit Scheibe

3x 8 min



Spiel in 2 Gruppen

8-10 min

---

---

---

---

---

---

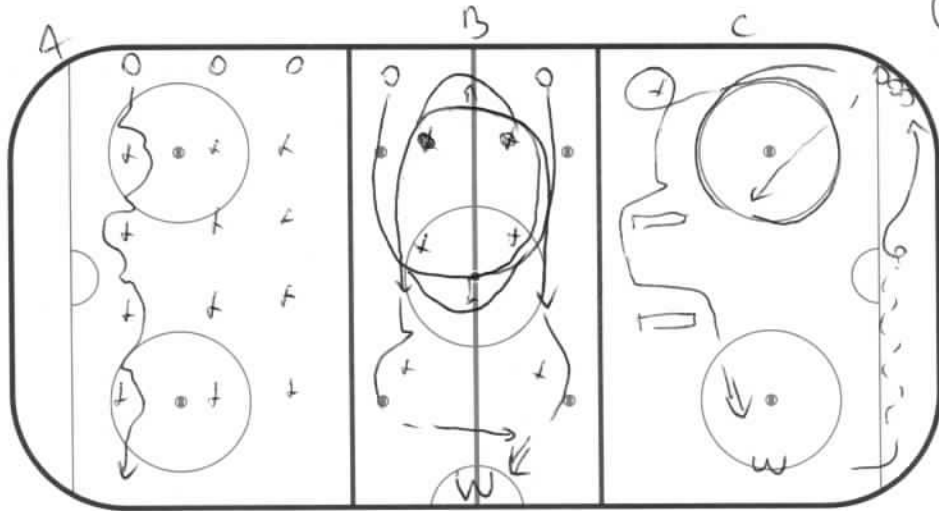
---

---



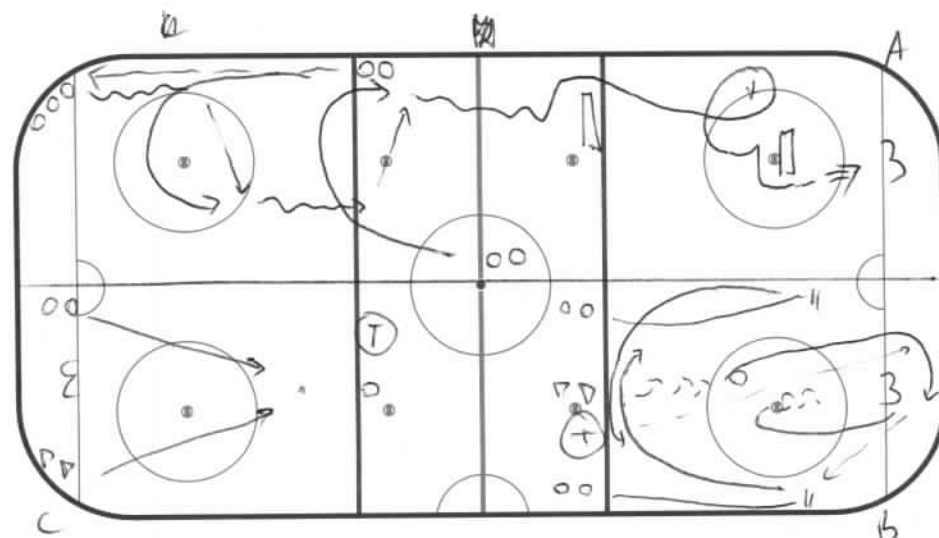
TEAM: U17  
 DATUM: 21.10.21  
 TRAINER: Martin, Dominik, Jürgen

# TRAININGSPLAN

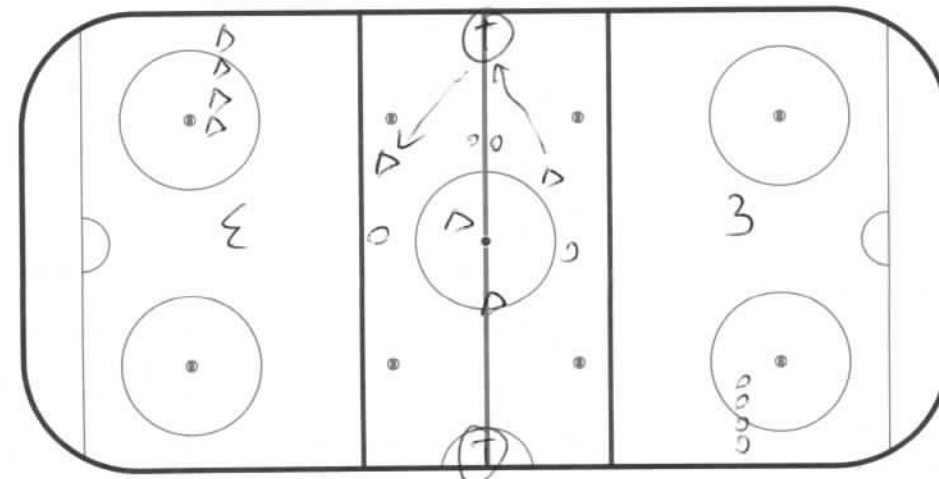


- ①  
 A Shockhandlung  
 B Passen mit Kreuzen  
 C Laufen mit der Scheibe

3 x 8 min



- ②  
 A Passen / Anbieten  
 10 min  
 B 2:1 mit Aufbauspiß  
 +  
 C 2:1 Wettrennen  
 2 x 5 min (Wechsel)



- ③  
 Spiel ~~3:3~~ 5:5 4:4 mit  
 2 Trainern



TEAM: U11  
DATUM: 20.10.21  
TRAINER: Jürgen Vitus

---

---

---

---

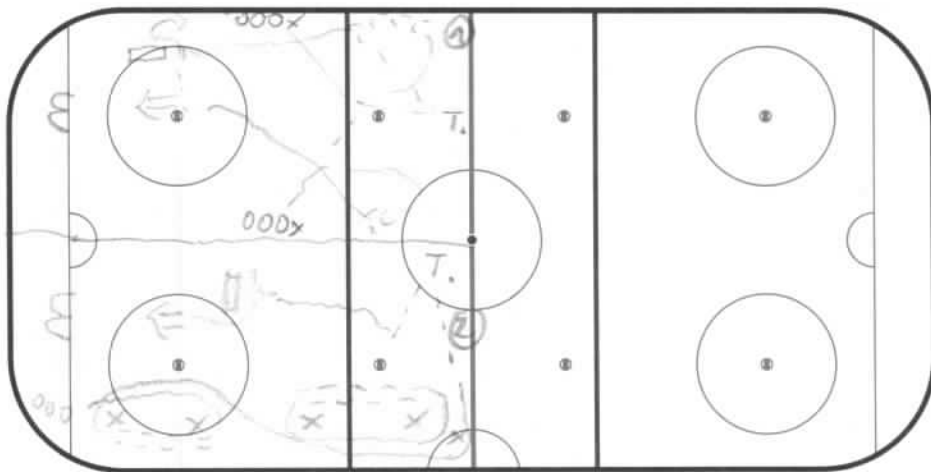
---

---

---

---

# TRAININGSPLAN



① 2/0 mit Timing  
schneller Schuss,  
nach Pass zum Tor

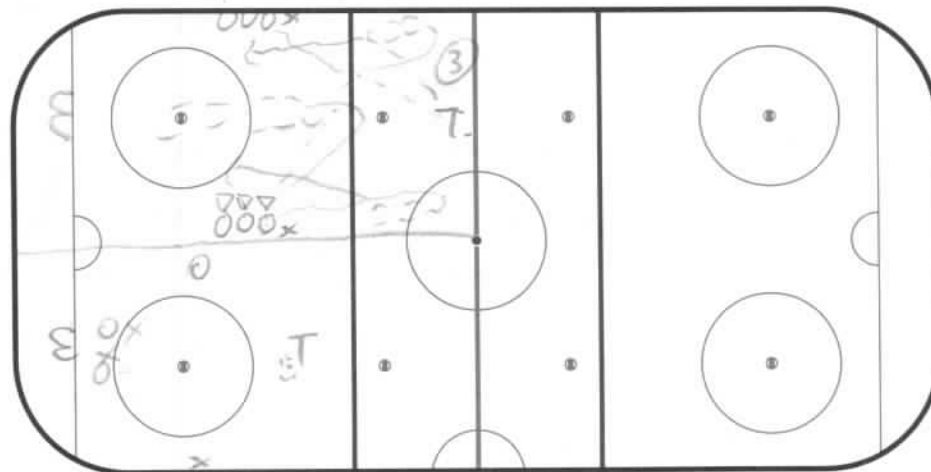
② 1/0 Vorwärts, Rückwärts

---

---

---

---



③ 2/1

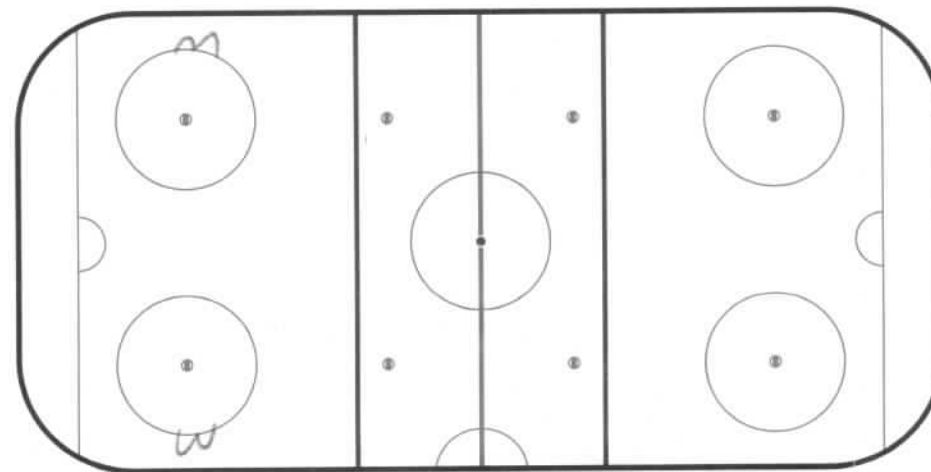
④ 2/2 Joker kommt  
bei Scheibenbesitz  
dazu → 3/2

---

---

---

---



Spiel 3/3

---

---

---

---

---

---





TEAM: *UM*  
DATUM: *19.10.21*  
TRAINER: *Marin, Dani, Markus*

---

---

---

---

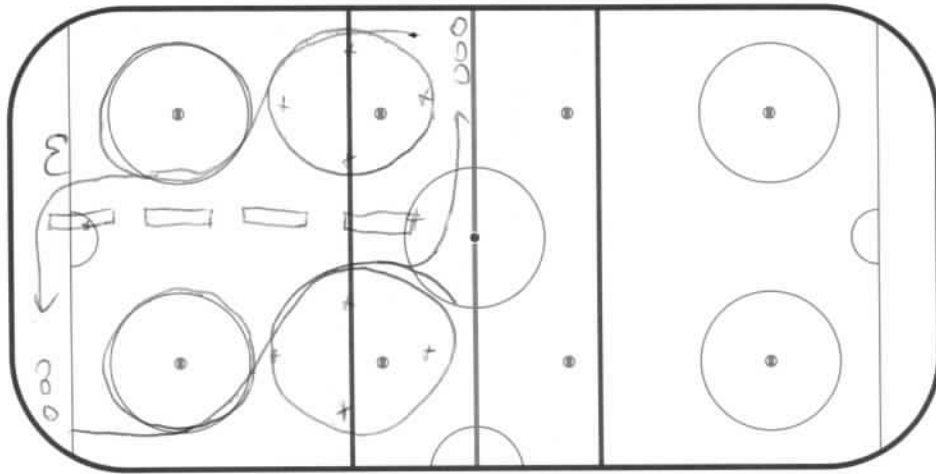
---

---

---

---

# TRAININGSPLAN



1. Übersetzen vW /w/rw  
8min

---

---

---

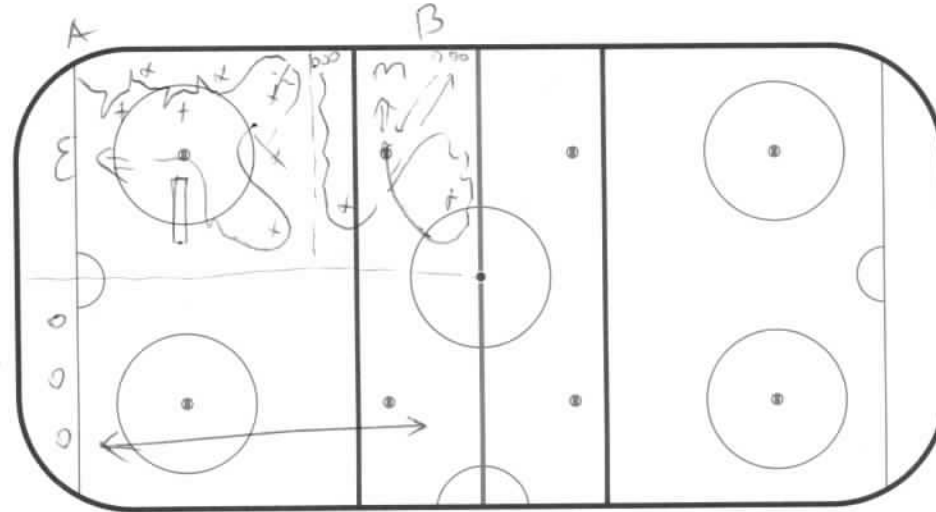
---

---

---

---

---



2. (A) Parcour Stichthandling  
verschiedene Varianten  
(B) Passen vW/rw Anbieter

(C) Skating fankeln

3x10min

3. Spiel 3:3

15min

---

---

---

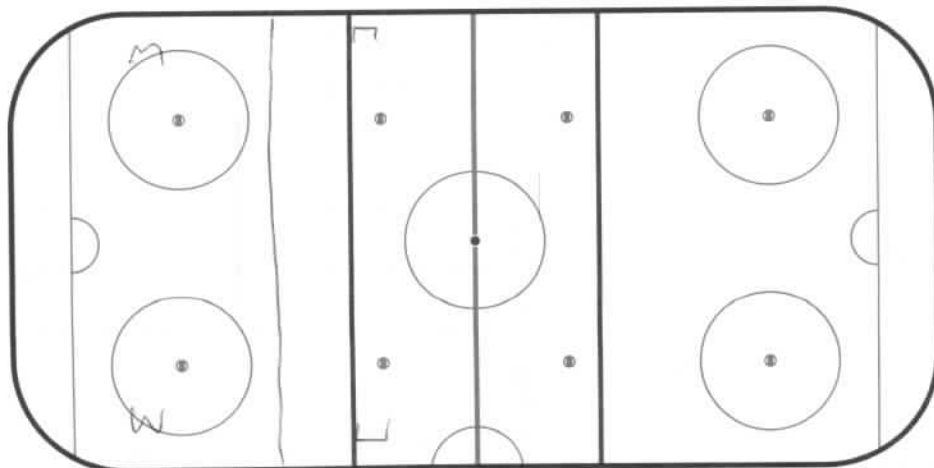
---

---

---

---

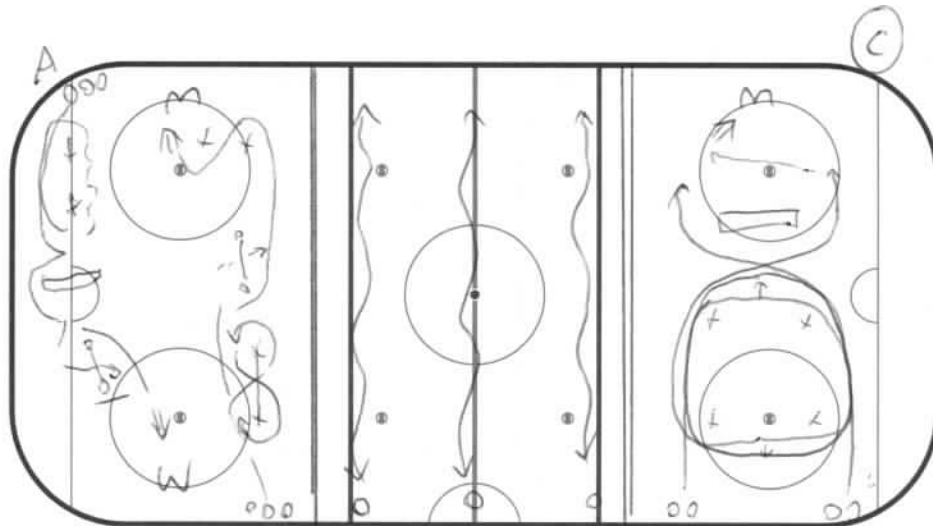
---





TEAM: U11  
DATUM: 12.10.21  
TRAINER: Mahin, Domi, Markus

# TRAININGSPLAN

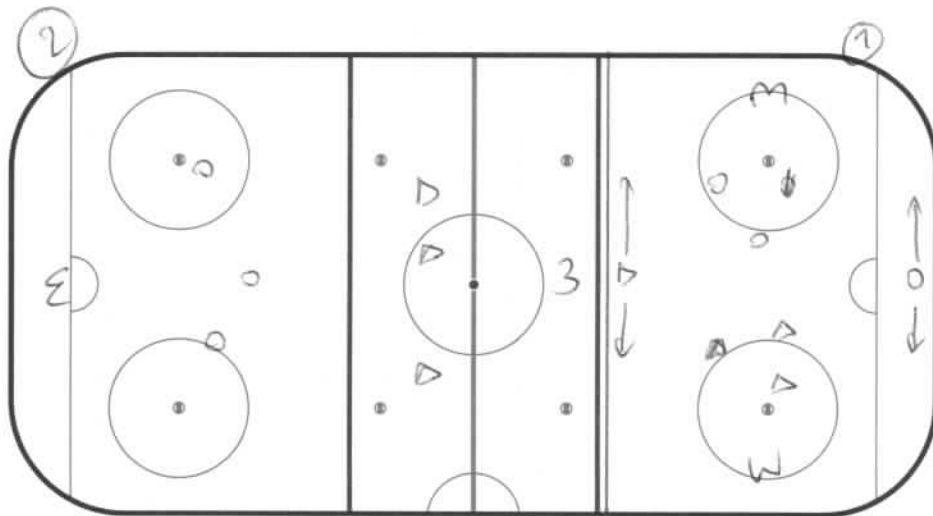


A) Parcours mit Abschluss  
Scheitertankrolle

- B) Starting ABC
- Hocke, lk/Ak (Hand)
  - Anbremsen vv/rw
  - lk RW / Übersetzen ...

C) Passübung Übergabe  
optional mit Pass zwischen  
den Pfeifen

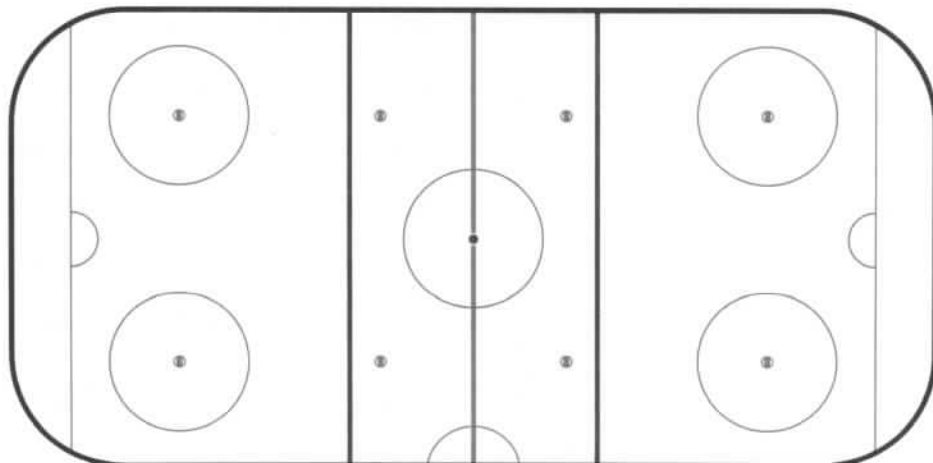
3 x 12 Minuten



1) Spiel quer  
3:3 mit Joker  
an der Seite

2) Spiel 3:3 längs

2 x 8 Minuten





TEAM: UM  
DATUM: 8.10.21  
TRAINER: Jürgen  
Mario

---

---

---

---

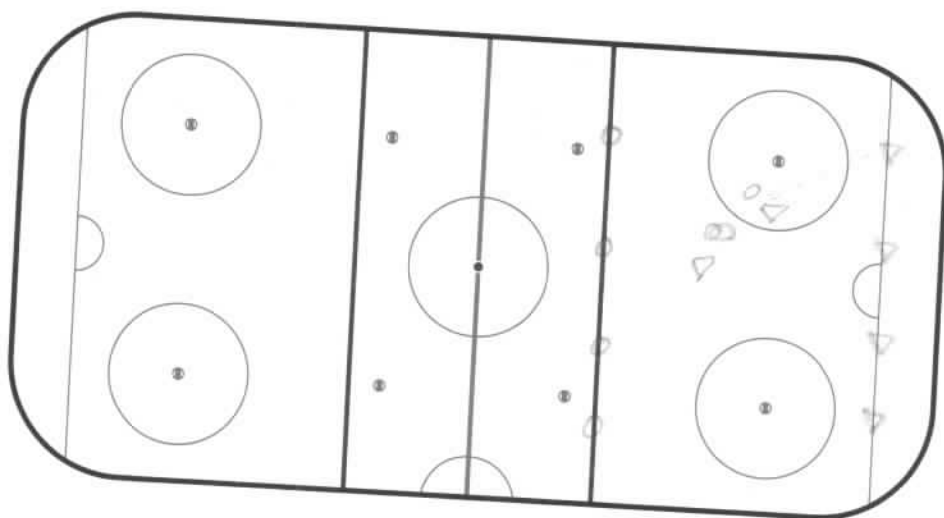
---

---

---

---

# TRAININGSPLAN



Aufwärmen 10 Min

---

---

---

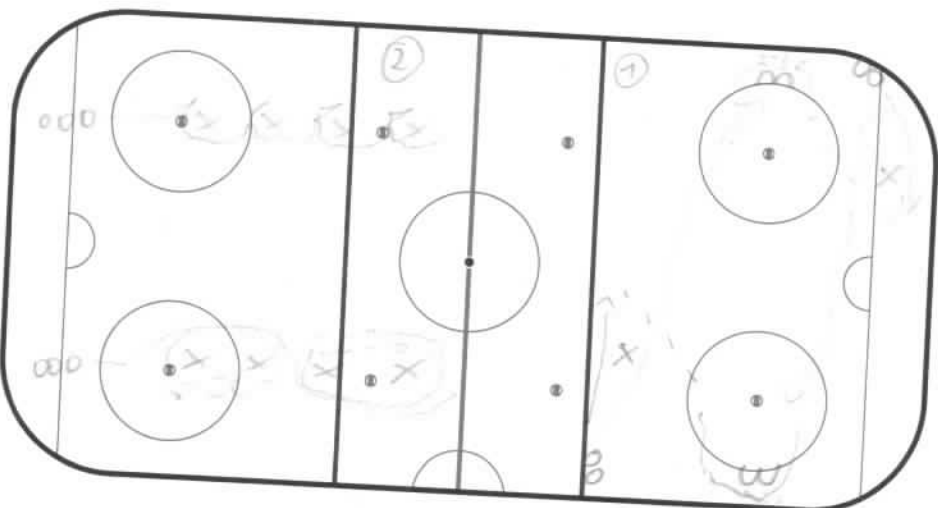
---

---

---

---

---



① 1/0 Wichtig mit 2x10  
Tuning ankommen

② Powercenter mit  
Stichhandling

---

---

---

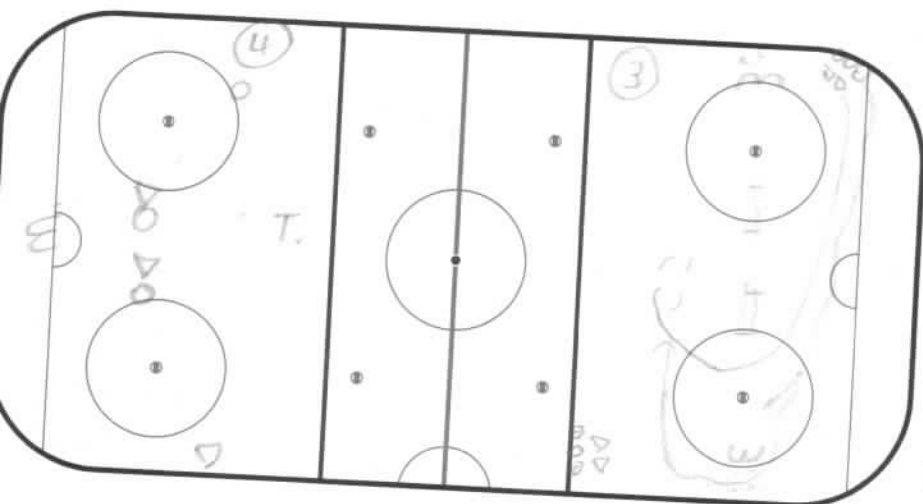
---

---

---

---

---



③ 1/1 Wichtig Lücke <sup>2x10</sup>  
schließen <sub>Min</sub>

④ 3/2 mit Joker  
bei Puck besitz  
kannst 3 Spieler  
hinzu.

⑤ Spiel großfeld <sup>10x15</sup>



TEAM: U11  
DATUM: 7.10.21  
TRAINER: Martin, Jürgen,  
Domi

---

---

---

---

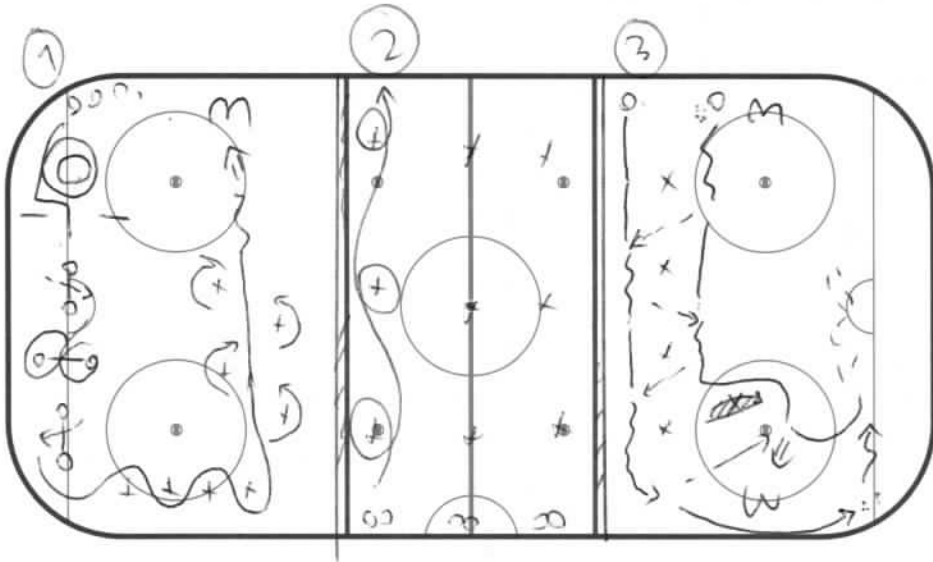
---

---

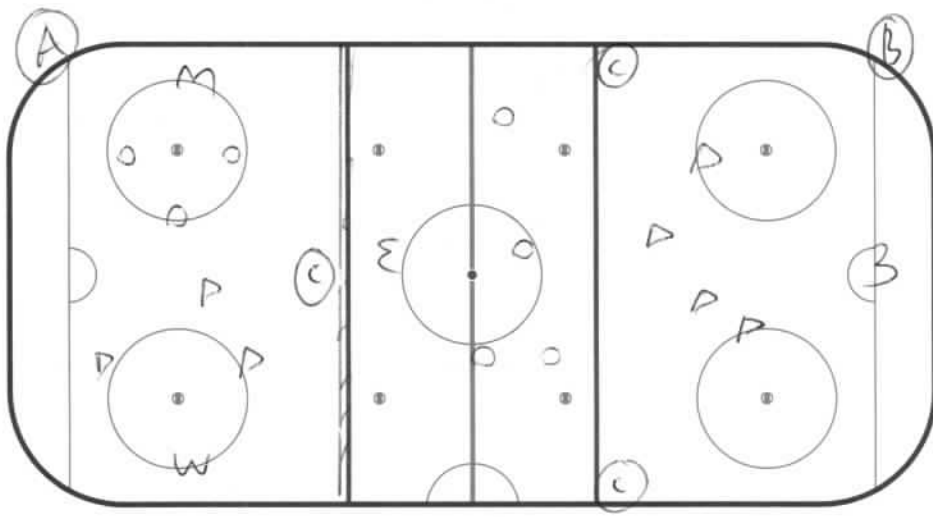
---

---

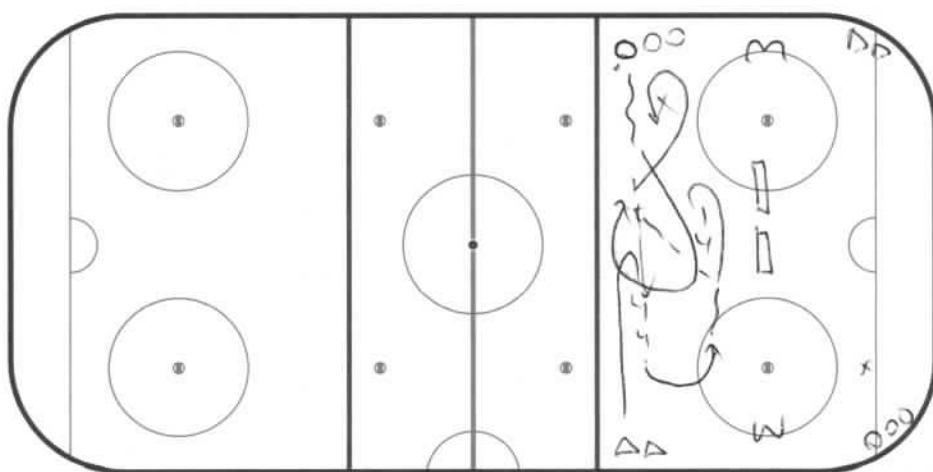
# TRAININGSPLAN



- ① Percour Stickhandling
- ② Skating  
Bögen // vwlrw
- ③ 2:0 Passen  
1:1 zurück  
3 x 12 min



- ④ Spiel zwei Hälften
- A) 3:3 mit Joker
- B) 4:4 (mit Joker)



- ③ Alternative: (Bessere)  
1:1 mit Aufbaupaß

---

---

---

---

---

---

---

---

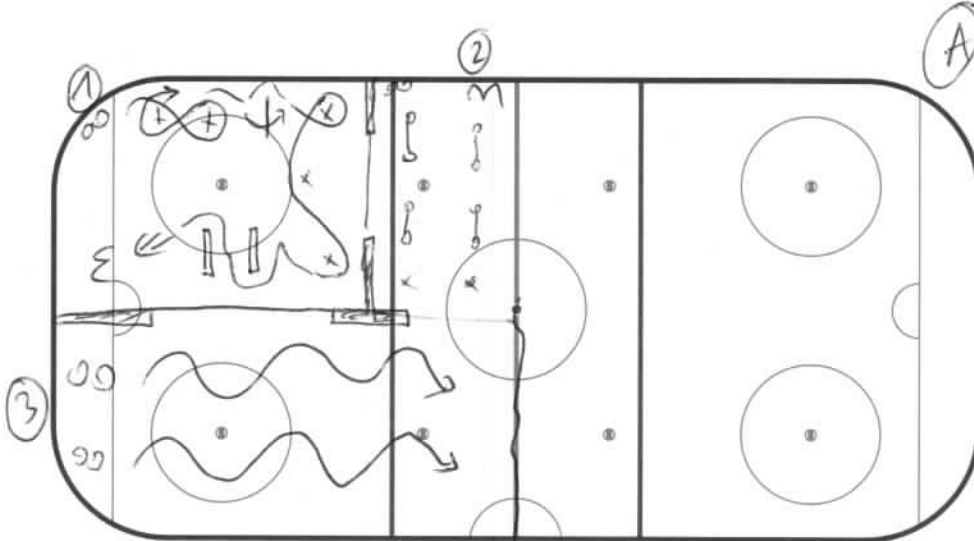


TEAM: U11

DATUM: 5.10.21

TRAINER: Martin, Markus,  
Domi

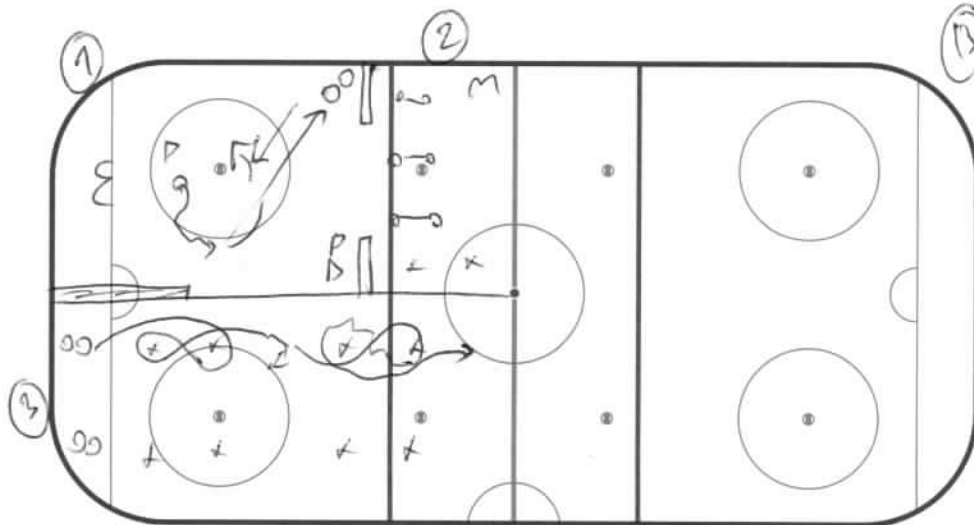
# TRAININGSPLAN



A

- 1 Parcours
- 2 Stickhandling
- 3 Skating ABC \*

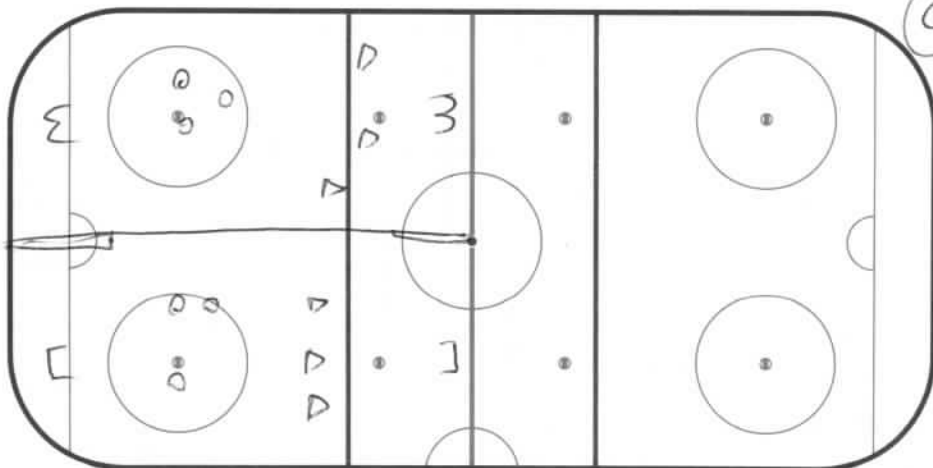
3 x 8 min



B

- 1 1:1 mit Joker
- 2 Pucktarholle
- 3 Laufpa mit Scheibe  
→ Tempo

3 x 7 min



C

- 1 Spiel 3:3 / 4:4

10 min

\* Hocke, lk Hand / knie,  
Ak Hand, Pw lk / Ak, Skp über  
Pw Reverse / 3er Dichtung Innenbein



TEAM: *AM*  
 DATUM: *30.9.*  
 TRAINER: *Markus Jürzen*

---

---

---

---

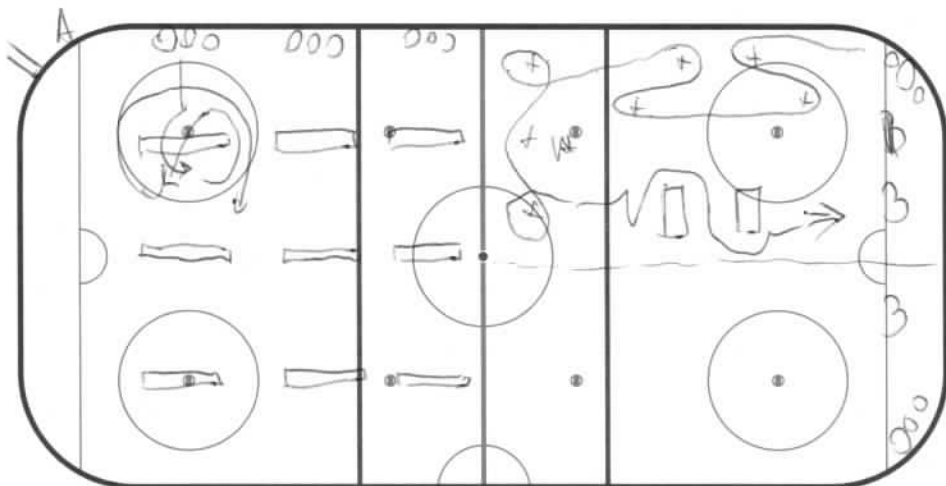
---

---

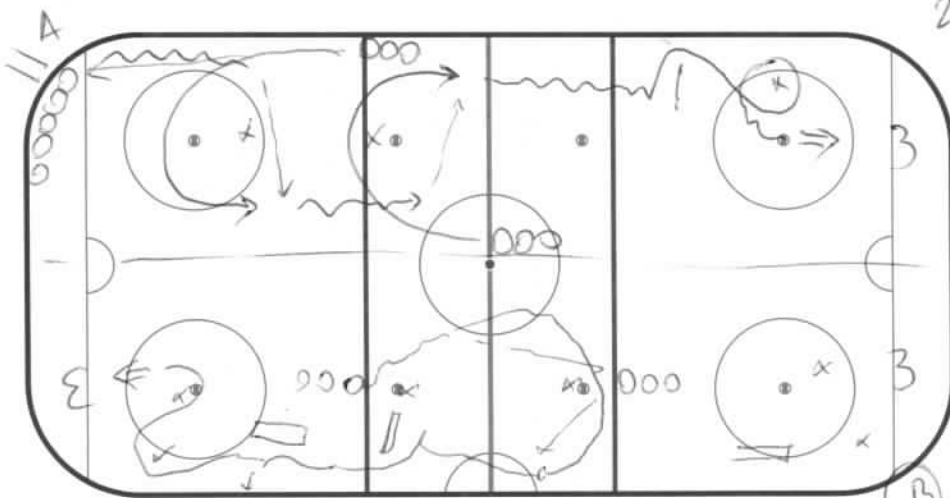
---

---

# TRAININGSPLAN



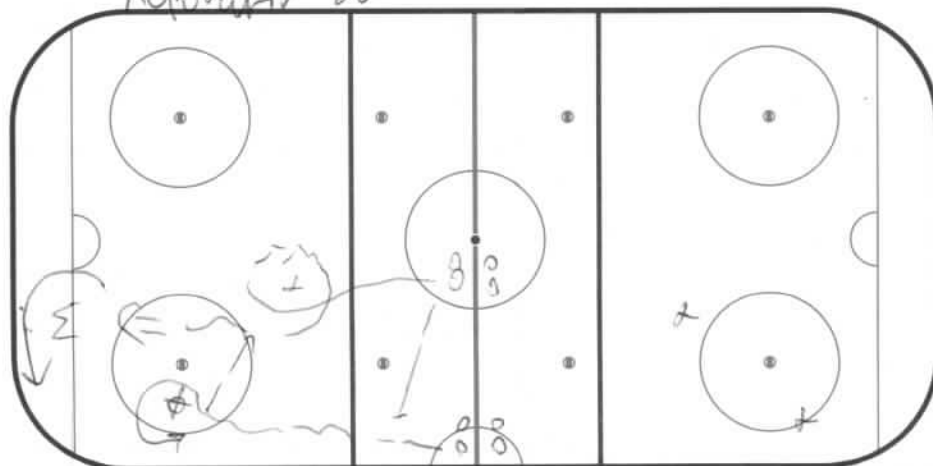
1. (A) Skalig Springen  
 - in den Stand vW/rW  
 - in die Bewegung vW/rW  
 - auf ein Bein kl/Alk  
 - Dreherdrehung
- (B) Parcours vW/ rW dann vW/rW Tempo



2. (A) Passstapel  
 (B) Passen + laufen mit Scheibe

*2x10min*

*Alternativ 26*



3. Spiel 5:5

*15 Min*

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 28.9.20  
TRAINER: Mögen

---

---

---

---

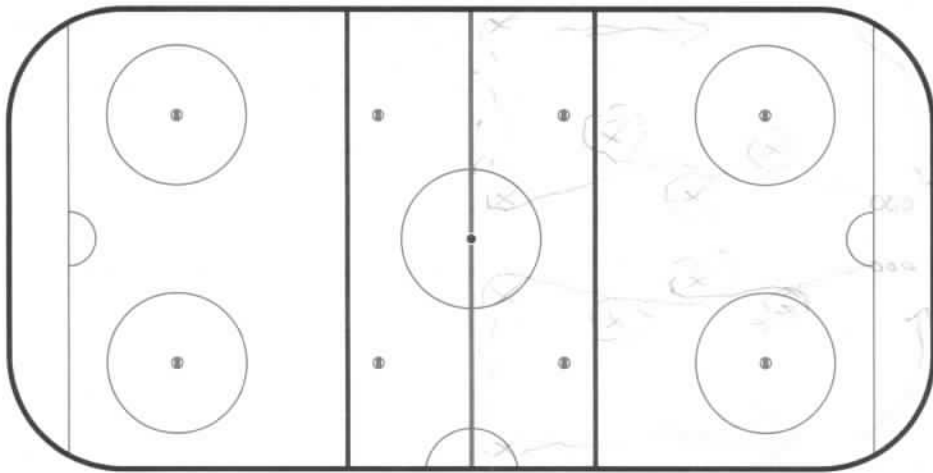
---

---

---

---

# TRAININGSPLAN



Aufwärmen 10 Min

---

---

---

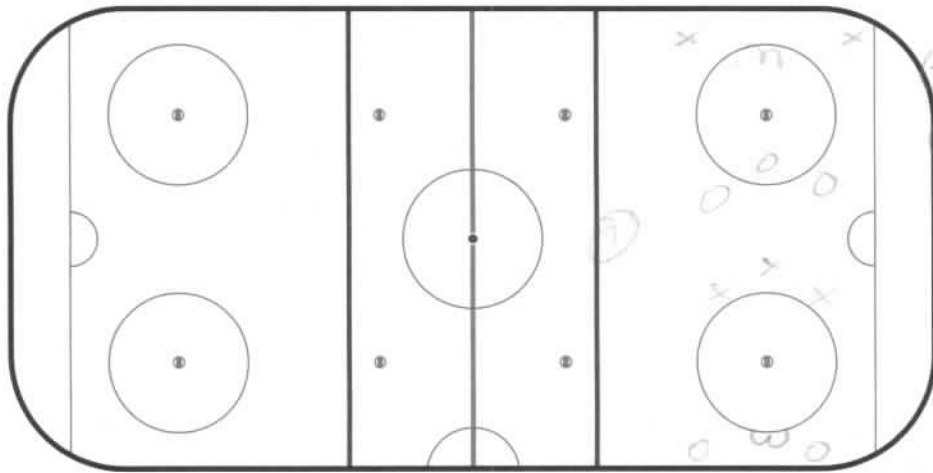
---

---

---

---

---



Spieltag 20 Min  
1 mit Joker  
2 4/4 30 Min

---

---

---

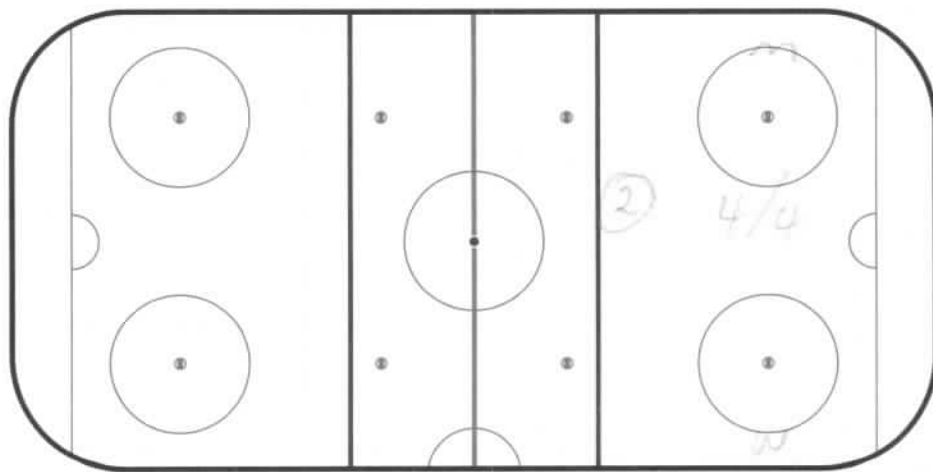
---

---

---

---

---



---

---

---

---

---

---

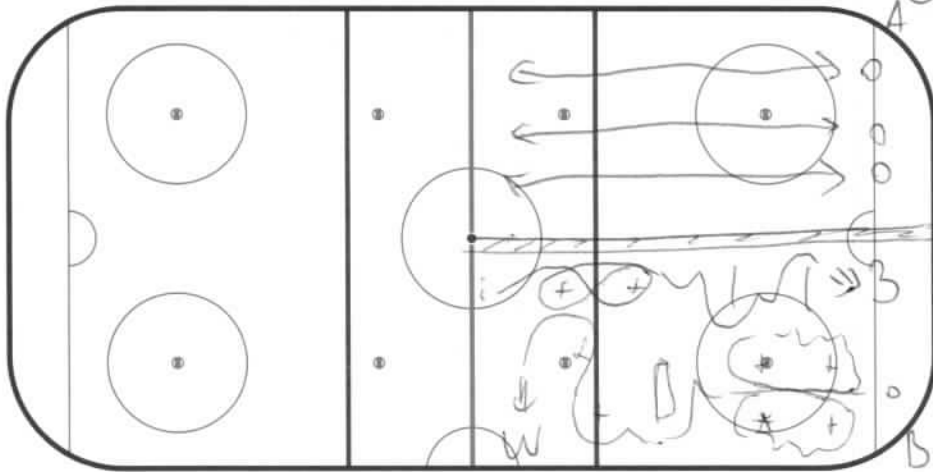
---

---



TEAM: U11  
DATUM: 28.9.21  
TRAINER: Martin, Vitus & Markus

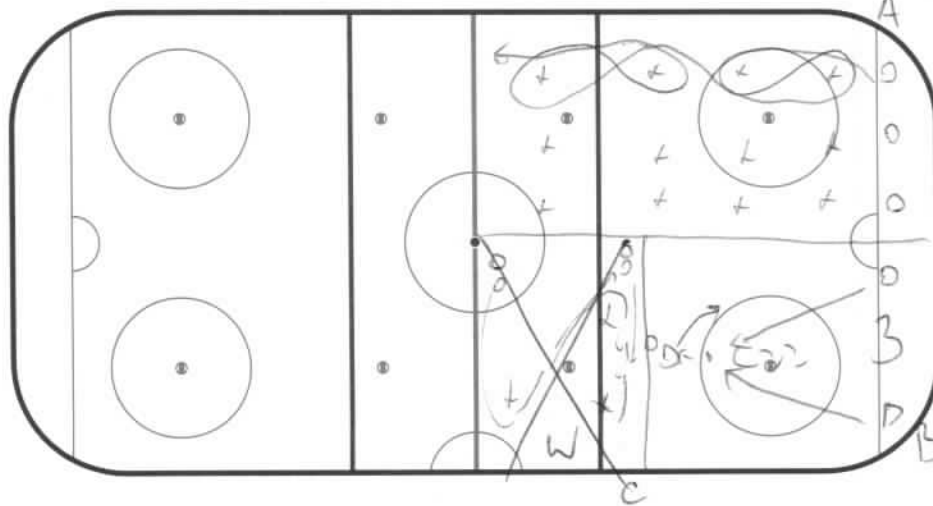
# TRAININGSPLAN



① A: Skating ABC

B: Parcours

2x10 min

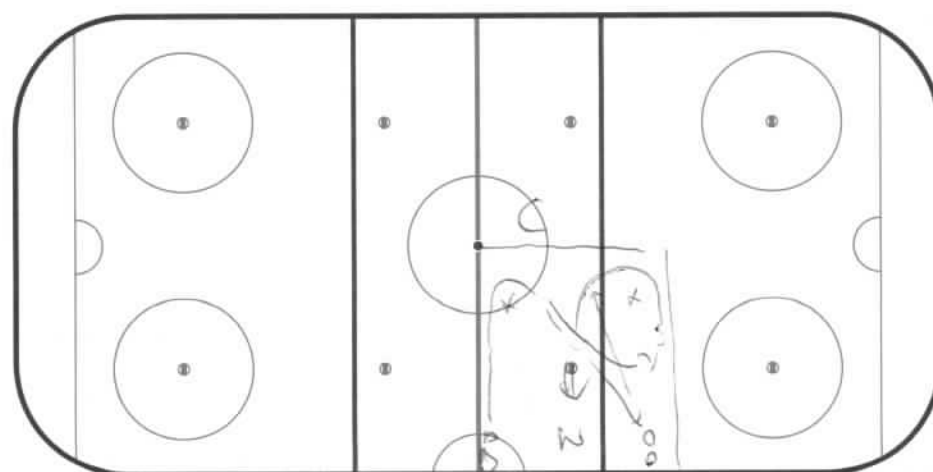


② A: Stickhandling

10 min

B: 2:1 Wettrennen

C: Pansen aus der Ecke 2x5 min



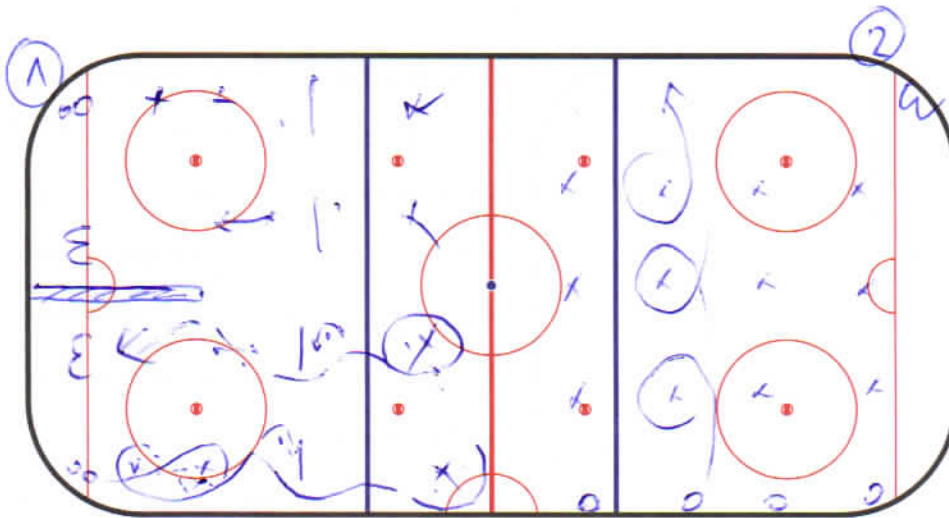
③ Spiel 3:3





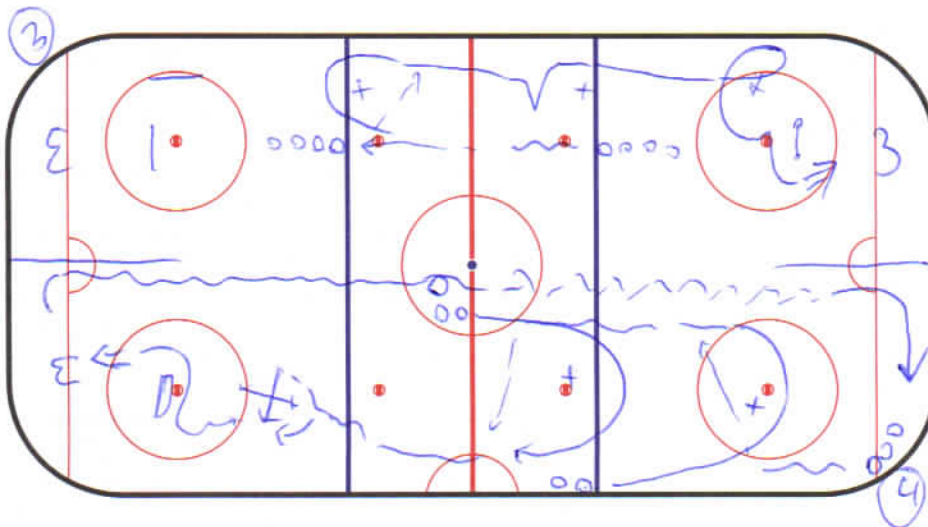
TEAM: U11  
DATUM: 23.9.21  
TRAINER: Martin, Jürgen

# TRAININGSPLAN



① Parcours 2x10min  
Schwerpunkt  
weiter Fake

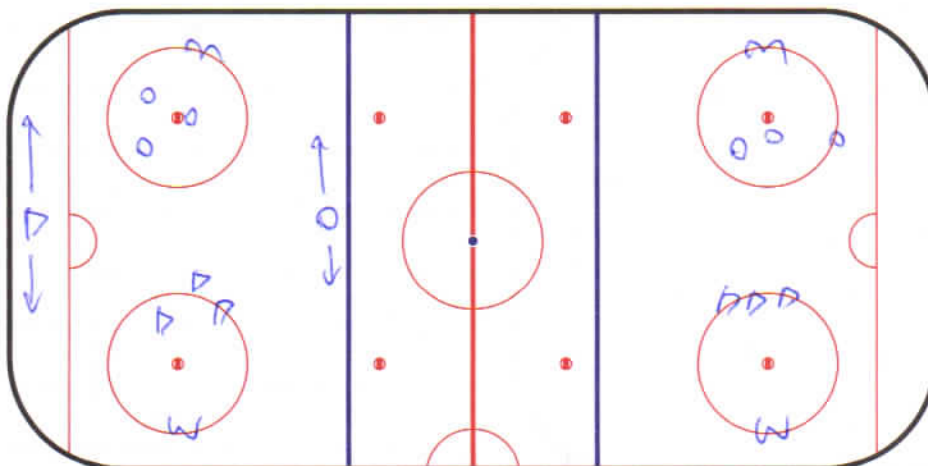
② Skating  
Kanten Bogen  
- Knie ablegen, Anbremsen  
offene Hüfte  
- vw/lw, vw/lw reverse  
- Achter vw/w



③ Passen, Fake, Kanadie  
zur Bande

④ Passen / Timing

2x10min



⑤ Spiel mit Joker  
8Min

⑥ Spiel Großfeld  
8Min



TEAM: U11  
DATUM: 22.9.21  
TRAINER: Jürgen  
Vitus

---

---

---

---

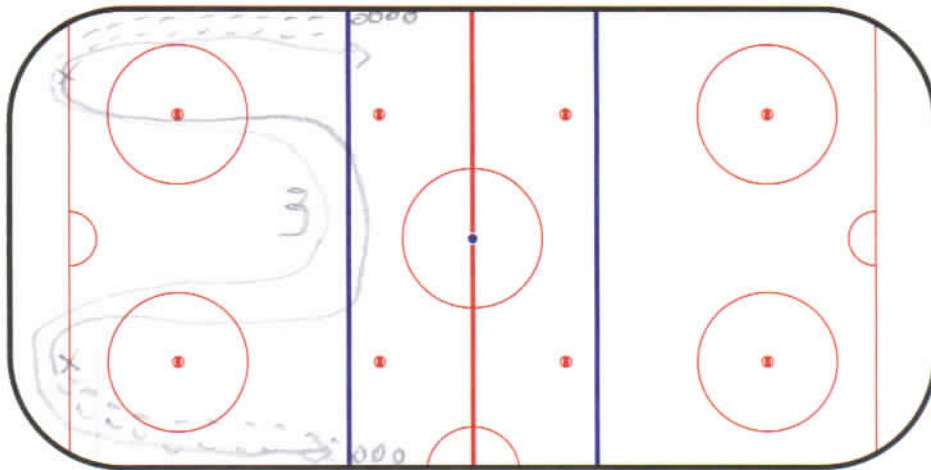
---

---

---

---

# TRAININGSPLAN



Aufwärmen 10Min  
Ohne Scheibe, mit Scheibe

---

---

---

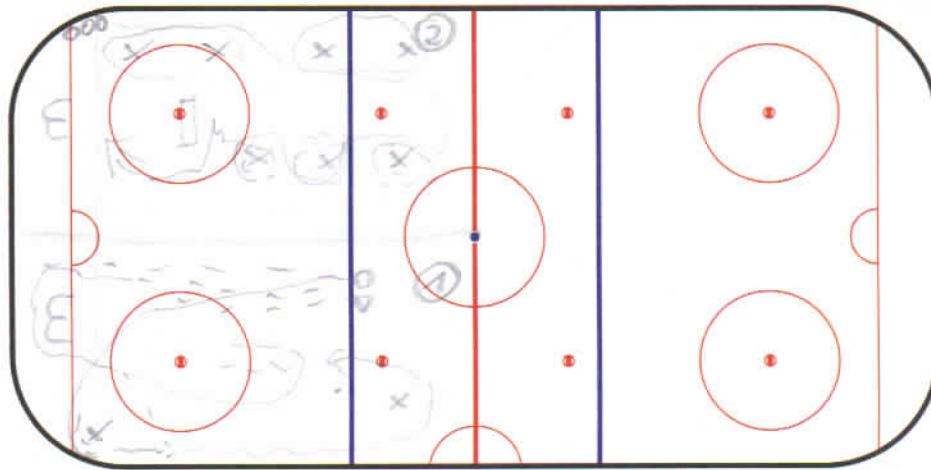
---

---

---

---

---



① 1:1 Lücke 30Min  
schließen, Stürmer  
ausser vorbei  
② Vorwärts, Rückwärts

---

---

---

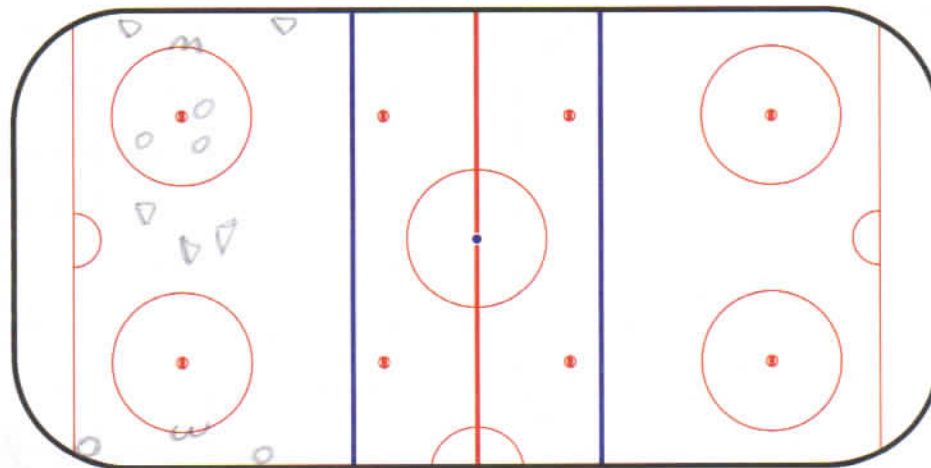
---

---

---

---

---



Spiel 3/3 20Min  
mit 2 Jokern  
hinter dem Tor

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 15.9.21  
TRAINER: Jürgen Juri

---

---

---

---

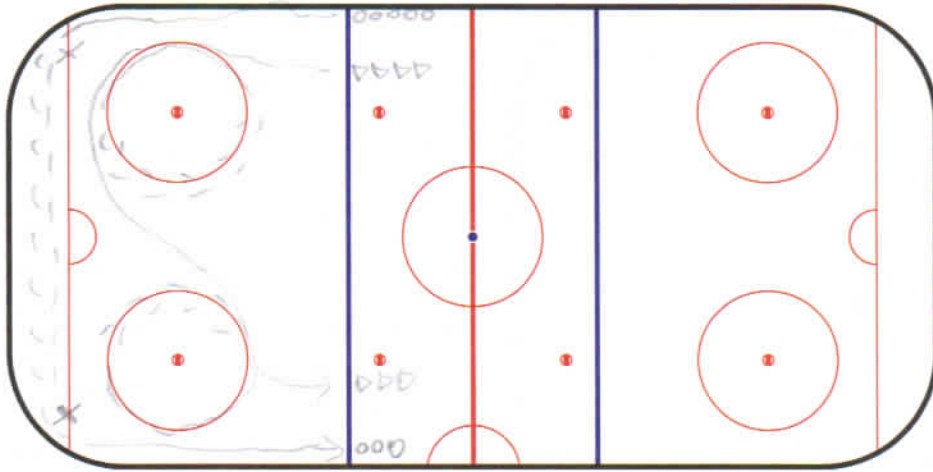
---

---

---

---

# TRAININGSPLAN



Aufwärmen 10 Min  
Vorwärts, Rückwärts

---

---

---

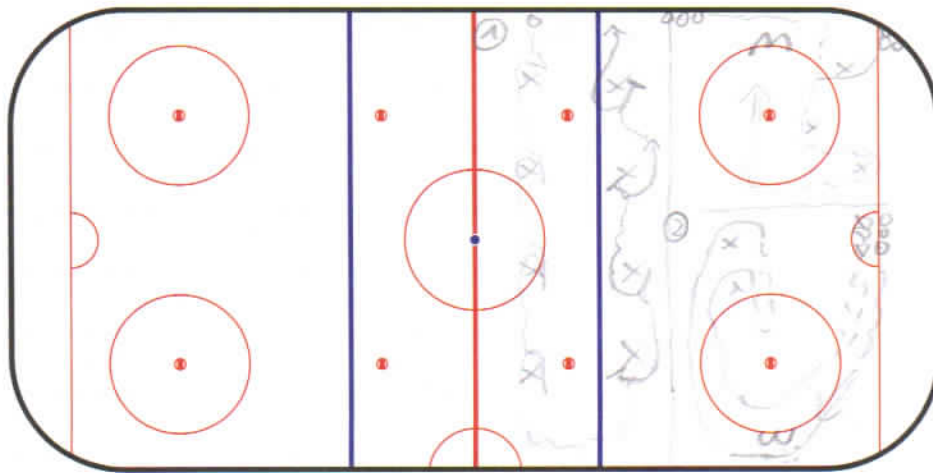
---

---

---

---

---



Stationen 3 x 10 Min  
① Stickhandling  
Drehung, Scheibe abdecken usw.  
② 1/0 Wichtig Nachschuss  
1/1 Wichtig Schuss von aussen, Lücke schließen

Spiel 20 Min

---

---

---

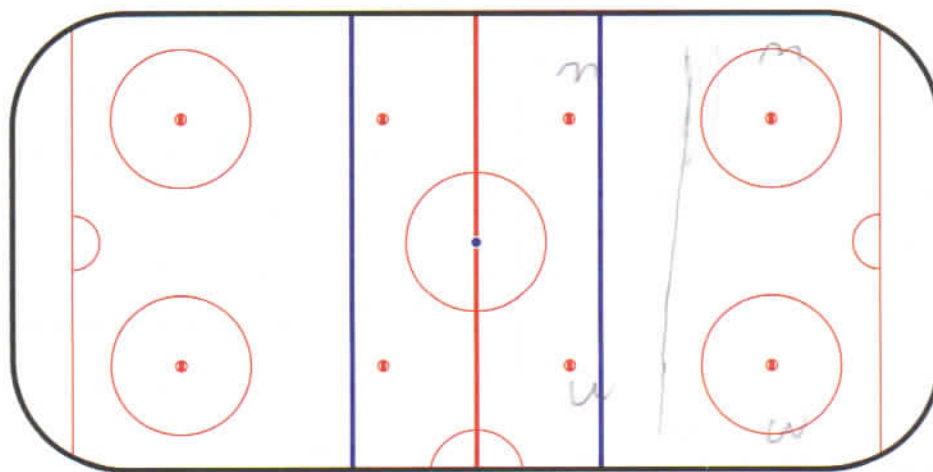
---

---

---

---

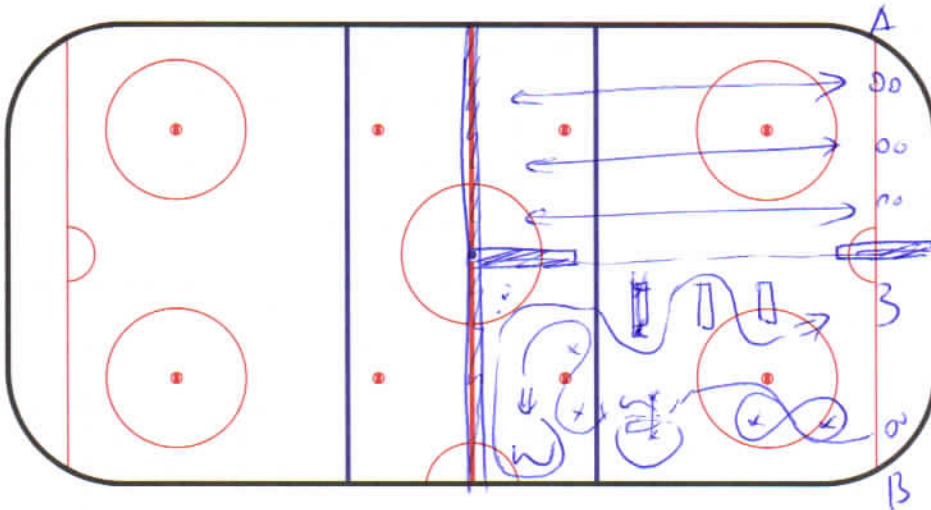
---





TEAM: UM  
DATUM: 10.9.21  
TRAINER: Martin, Markus

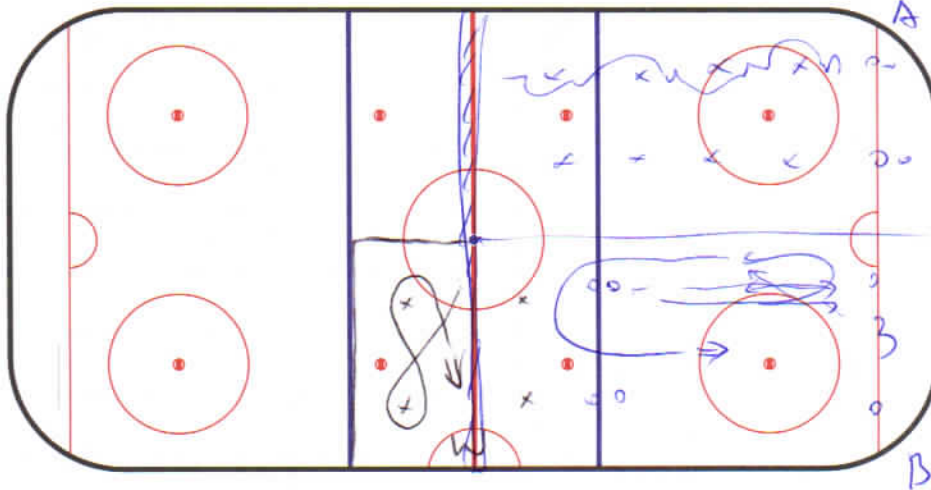
# TRAININGSPLAN



A Stehby Ballende  
ABC

B Parcours

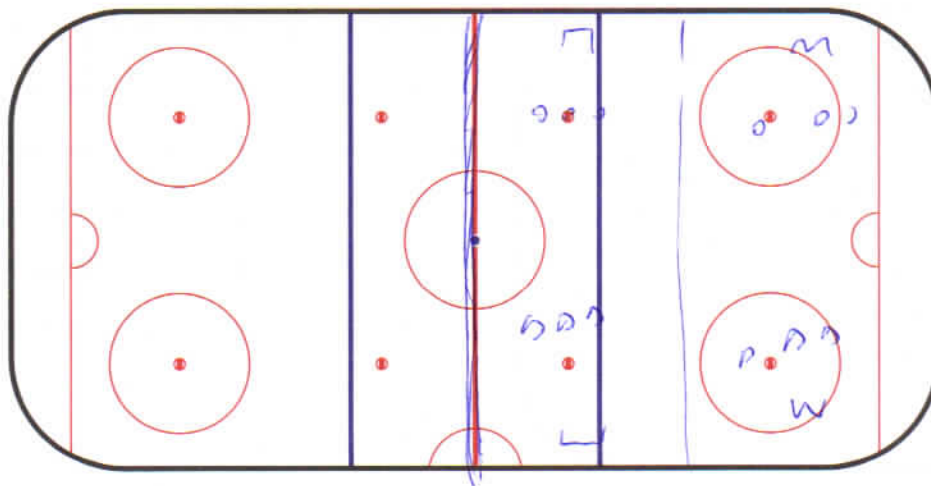
2x 10min



A Stehby Ballende  
weiter Umfang

B Passen / Abschluss

2x 10min



Spiel 3:3

2x 5min  
(Wechsel)



TEAM: U11  
DATUM: 10.9.21  
TRAINER: Jürgen  
Mario

---

---

---

---

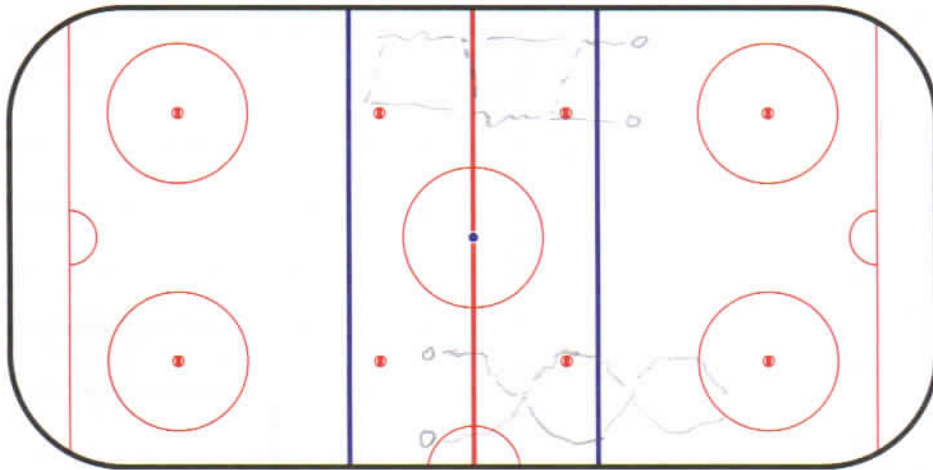
---

---

---

---

# TRAININGSPLAN



Aufwärmen passen 5Min  
mit Kreuzen

---

---

---

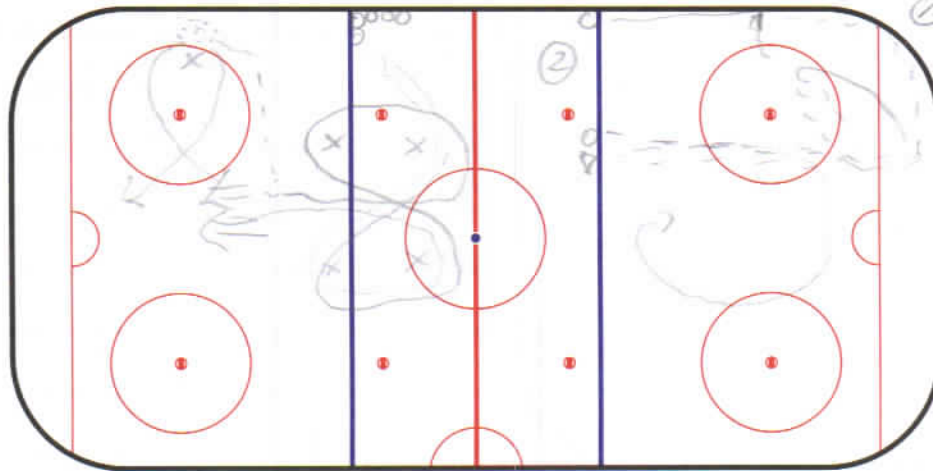
---

---

---

---

---



① 1/0 Schuss, Timing 2x10  
Nachschuss gehen

② 2/1 2x10

---

---

---

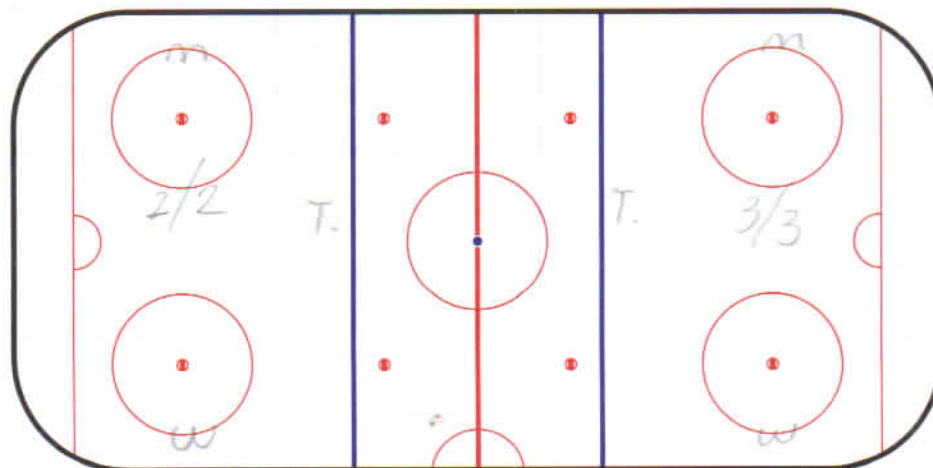
---

---

---

---

---



Spiel mit Joker

---

---

---

---

---

---

---

---

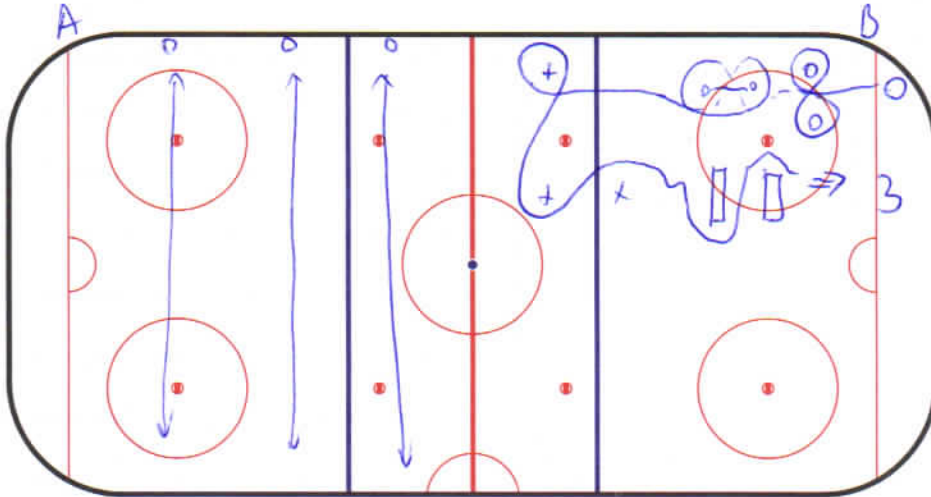


TEAM: UM

DATUM: 7.9.21

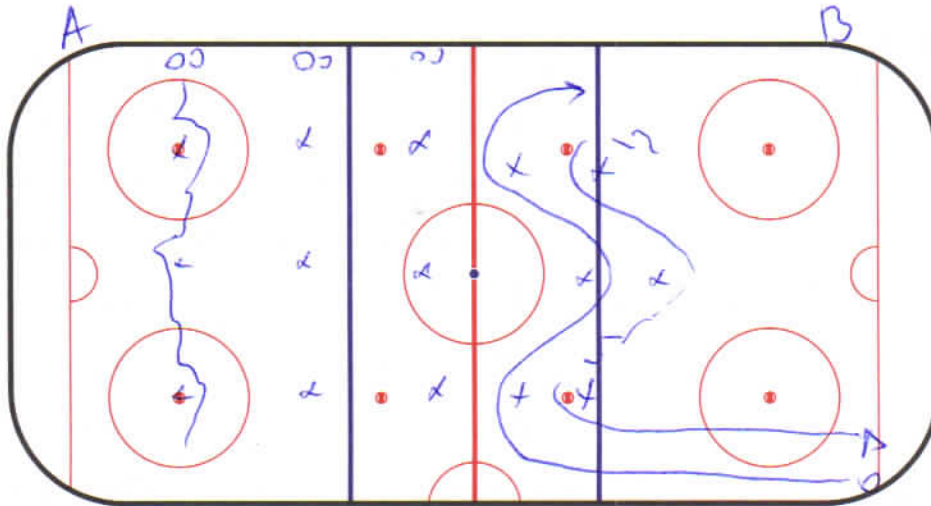
TRAINER: Machin, Jürgen

# TRAININGSPLAN

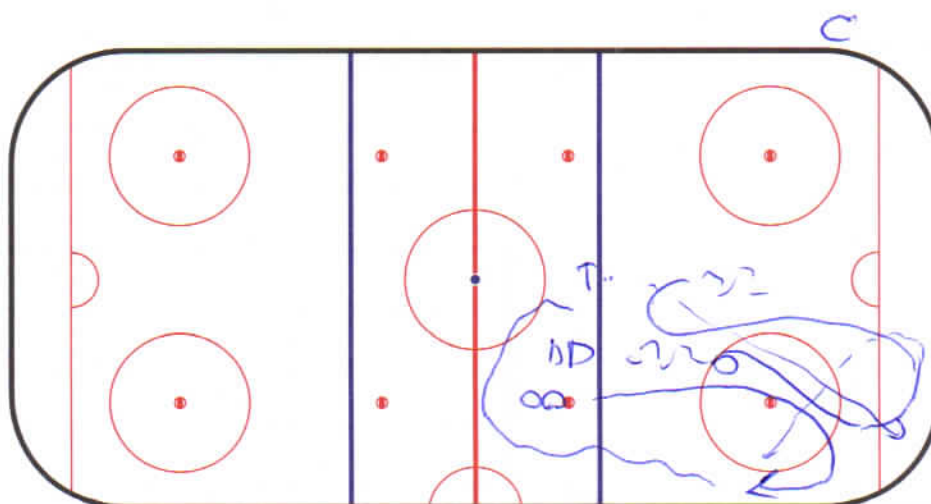


1. A Skating  
Bremsen / Kanten
- B Parcours  
(Beide Seiten)

2x 10 min



2. A Skidhandling
- B 1:1
- C versch. Varianten  
für die beiden  
Gruppen



3. Spiel



TEAM: U11  
DATUM: 8.9.21  
TRAINER: Jürgen  
Juri

---

---

---

---

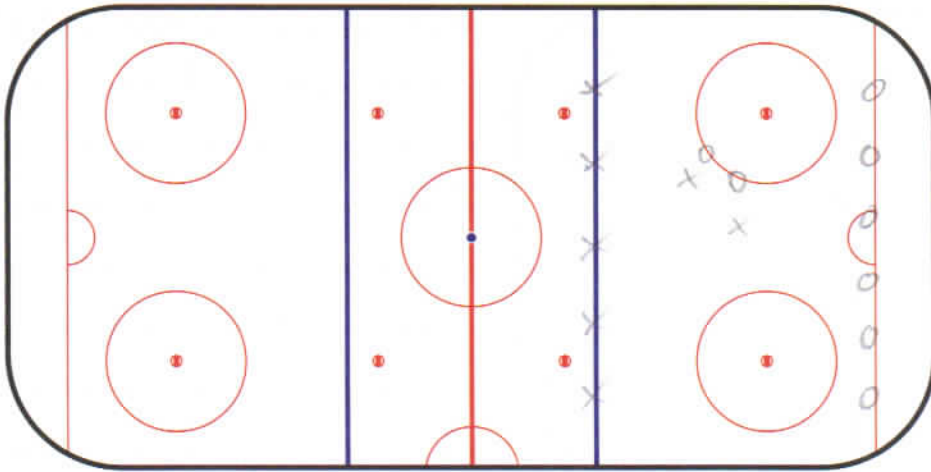
---

---

---

---

# TRAININGSPLAN



Aufwärmen 2/2 10Min  
mit freilaufen und  
passen zur eigener  
Gruppe

---

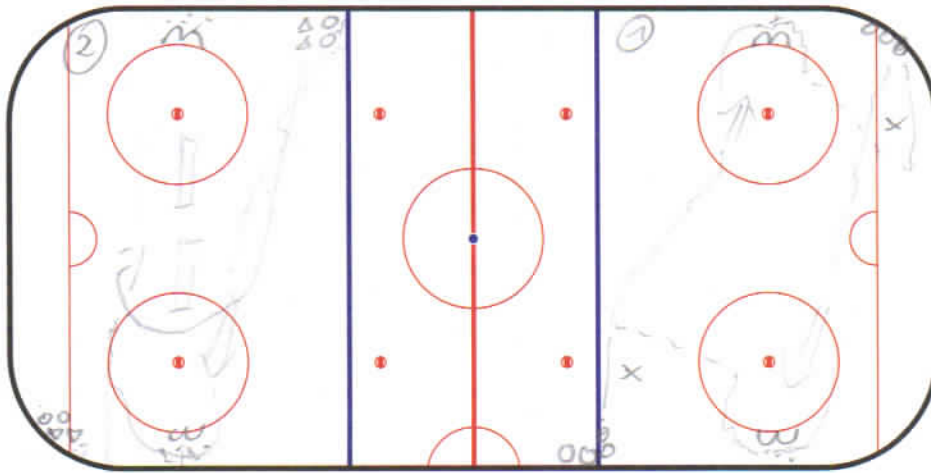
---

---

---

---

---



Stationen  
① 1/0 Schuss, passen  
aus mitte nach aussen  
② 1/1 Lücke schliessen  
ausen vorbei

---

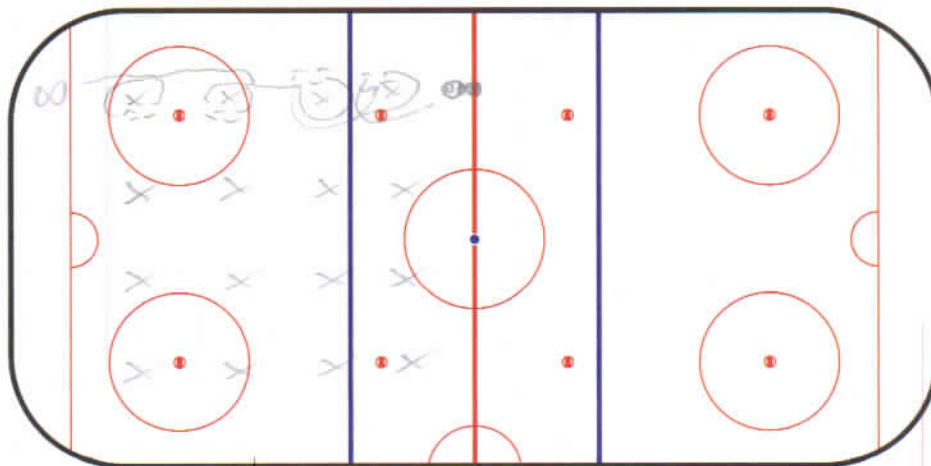
---

---

---

---

---



③ Stickhandling,  
Powerskating  
Vorwärts auf Rückwärts  
Kerapunkt  
④ Spiel quer 3/3

---

---

---

---

---

---

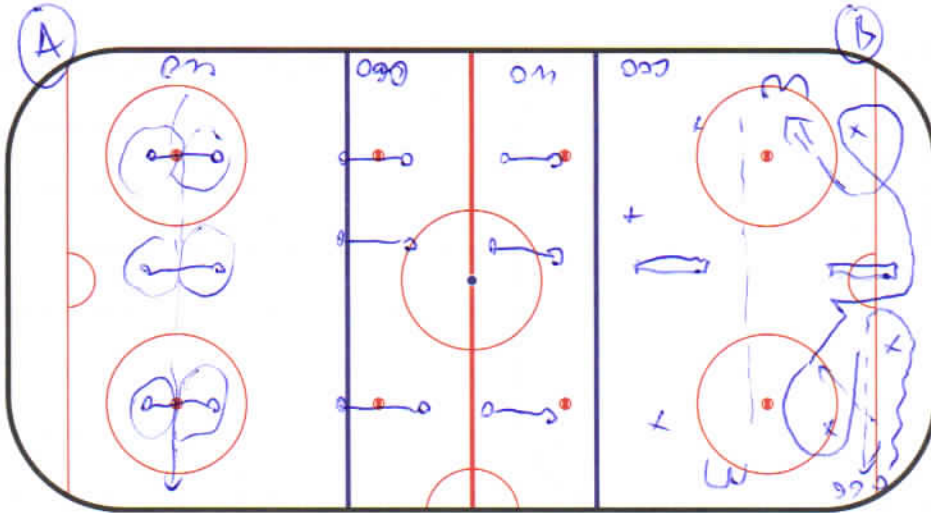


TEAM: U11

DATUM: 2.9.21

TRAINER: Markus, Jürgen

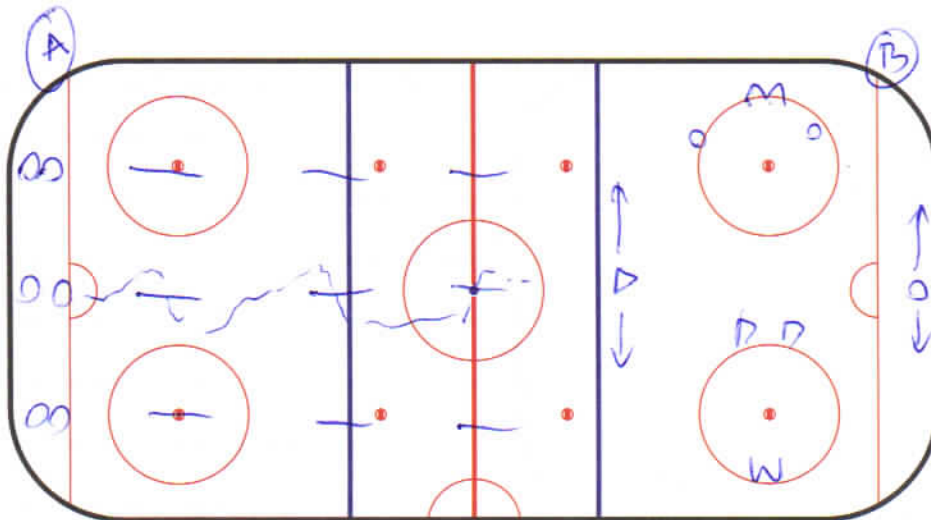
# TRAININGSPLAN



Ⓐ Staking Sprünge  
Innenkante, Außenkante

Ⓑ Aufbaukopf, Fake,  
Kanadier zur Bande

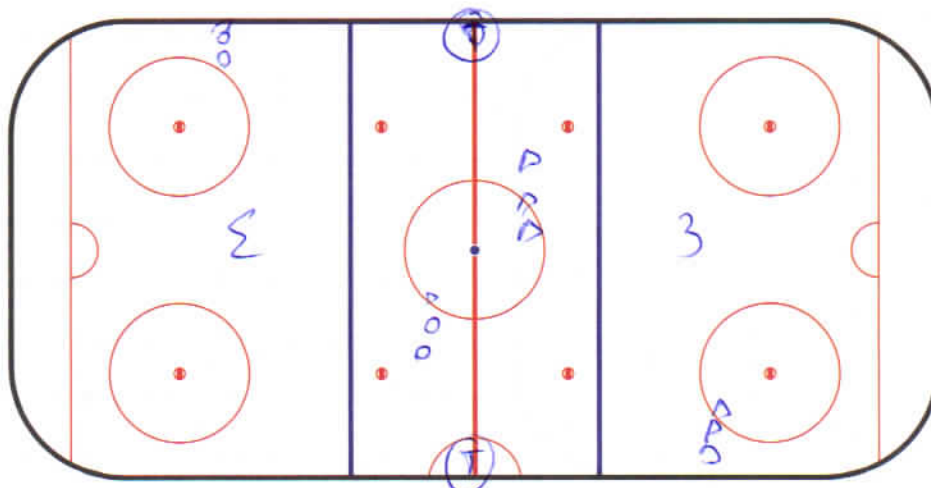
2 x 10 min



Ⓐ Stichehandling

Ⓑ 2:2 mit Joker  
an der Seite  
→ Jede seinen Mann

2 x 10 min



Spiel 3:3 mit  
2 Trainer als Joker  
→ Jede einen Mann

15 Minuten





TEAM: U11  
DATUM: 1.9.21  
TRAINER: Jürgen Juri

---

---

---

---

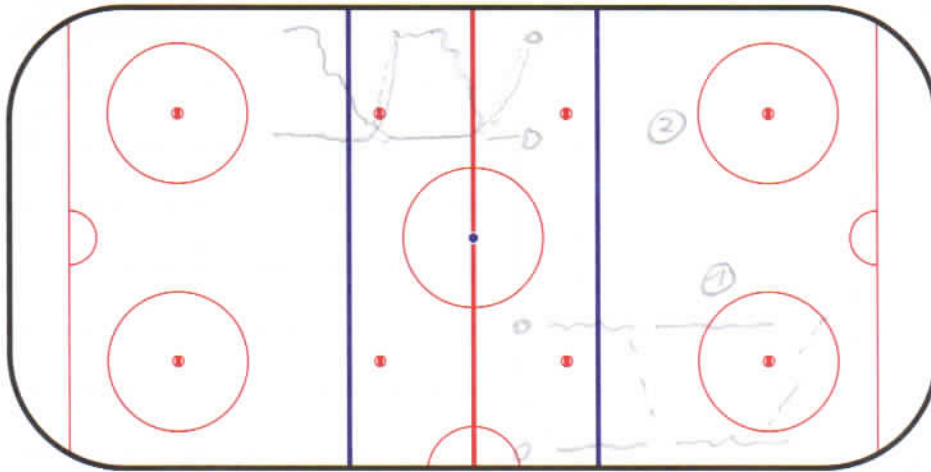
---

---

---

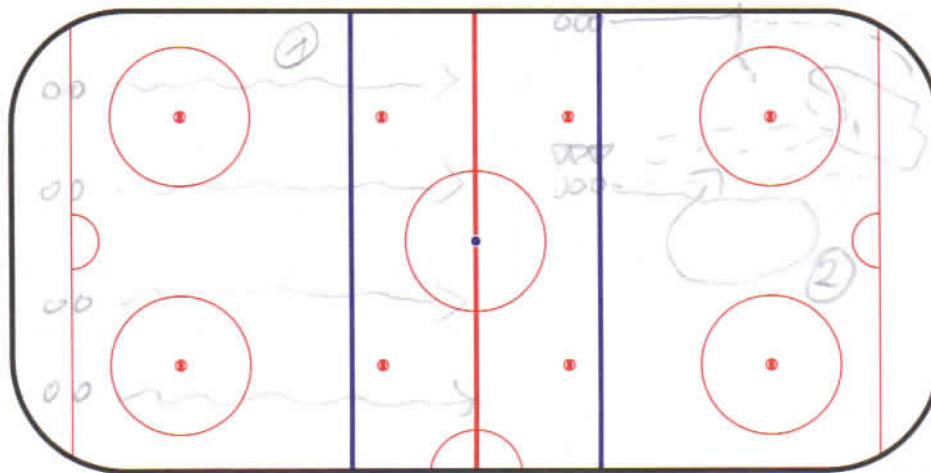
---

# TRAININGSPLAN



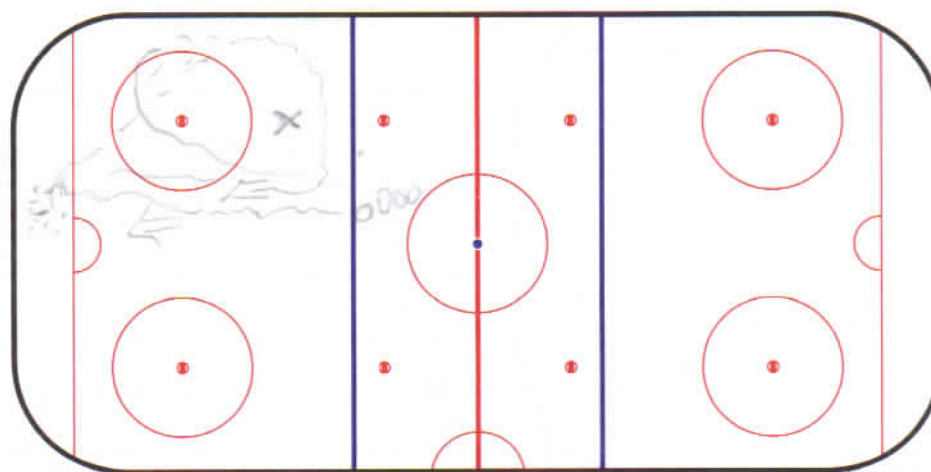
Aufwärmer 5 Min

- ① 2 Spieler passen
- ② 2 Spieler passen + kreuzen



Stationen 40 Min

- ① Stickhandling
- ② 2/1
- ③ 1/0



hoffeld 15 Min

---

---

---

---

---

---

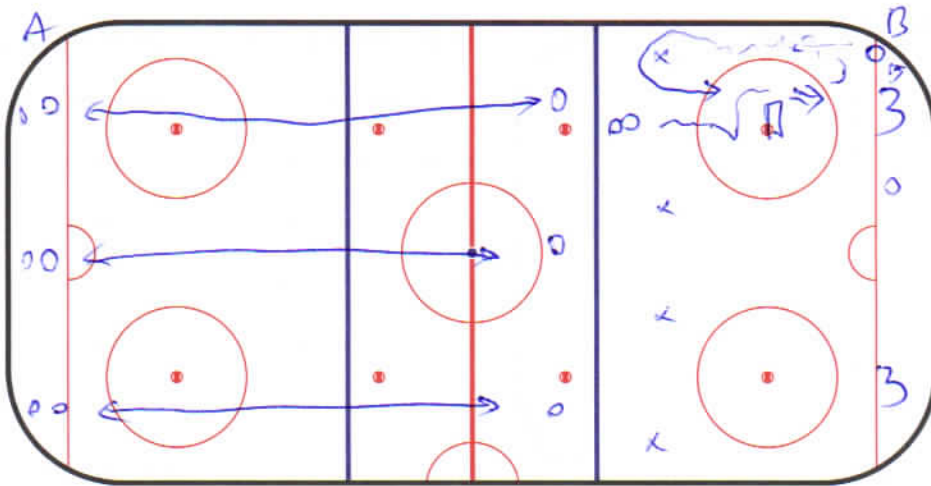
---

---



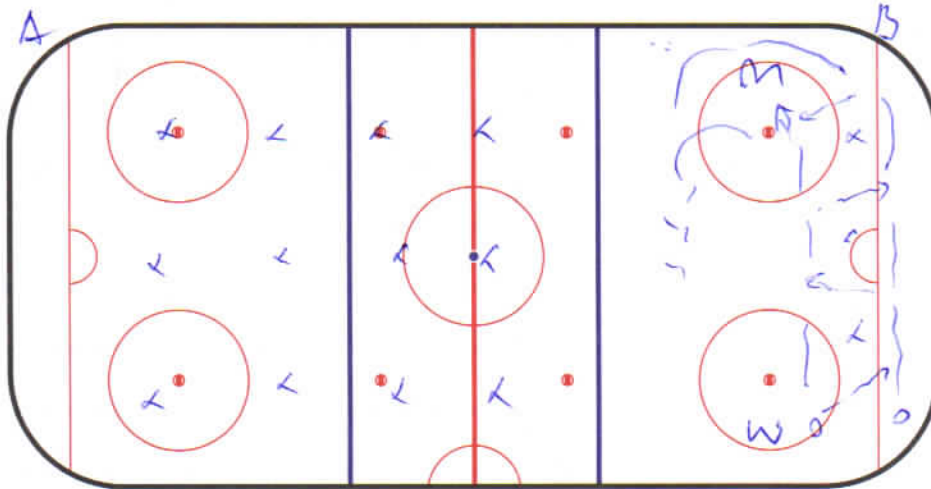
TEAM: U11  
DATUM: 31.8.21  
TRAINER: Martin, Markus

# TRAININGSPLAN



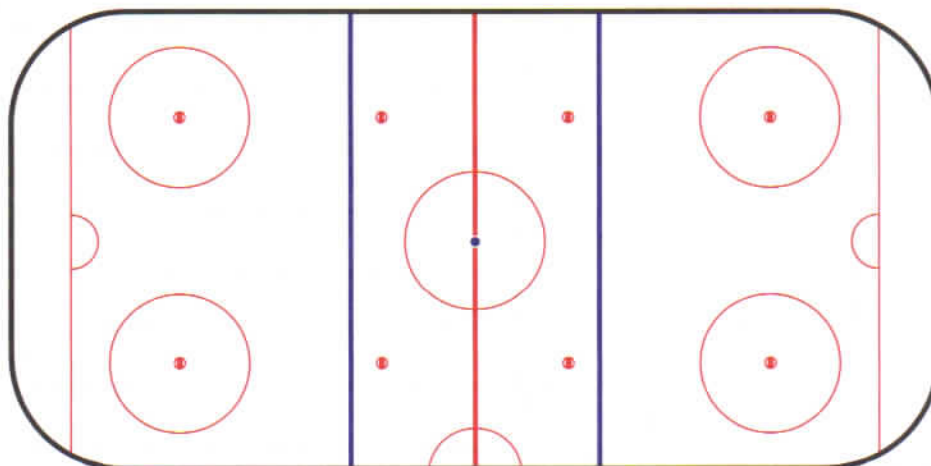
① A laufen, Abc  
B Schuß, Anspielen,  
2. Abschluß

2x10 Minuten



② A Stockhandling  
B 2:0, dann 1:1

2x10 Minuten



③ Spiel Großfeld  
5:5

15 Minuten



TEAM: U11  
DATUM: 27.8.21  
TRAINER: Jürgen Ullrich

---

---

---

---

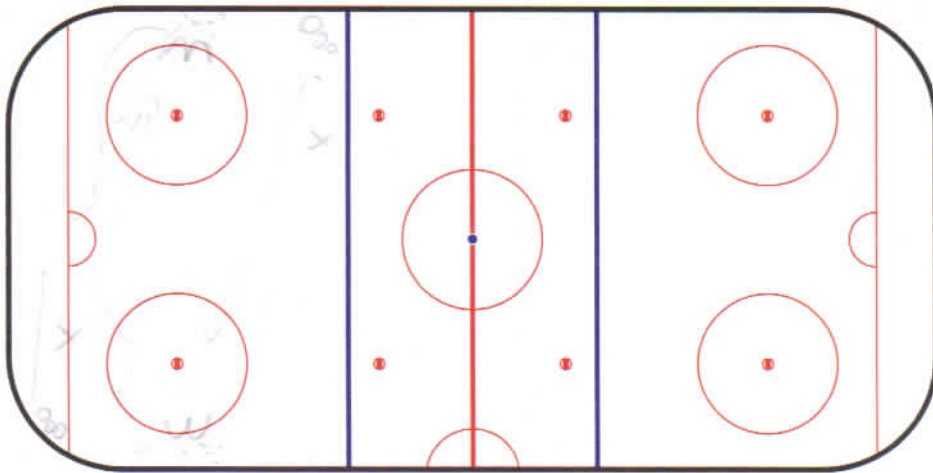
---

---

---

---

# TRAININGSPLAN



110 Schlüsse, 15 Min  
auschließend  
Aufbau mit Pass

---

---

---

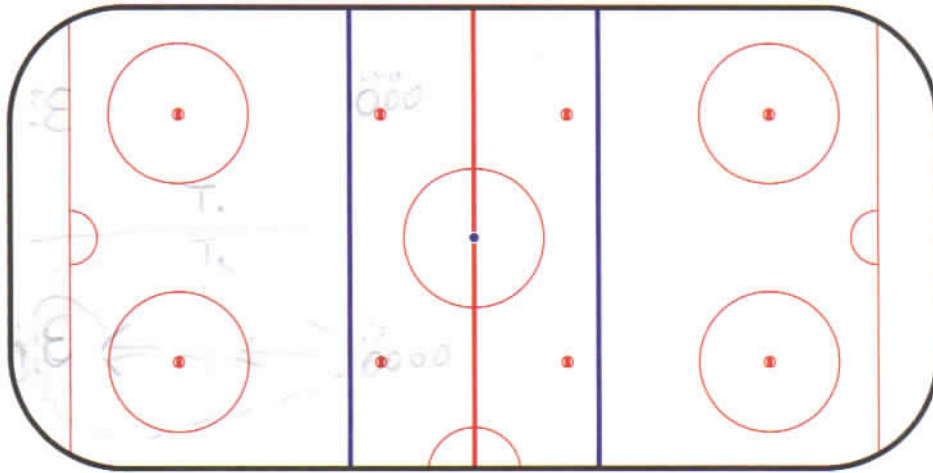
---

---

---

---

---



110 Passen, Schlüsse 15 Min  
Passen, geschoben  
Schüsse

---

---

---

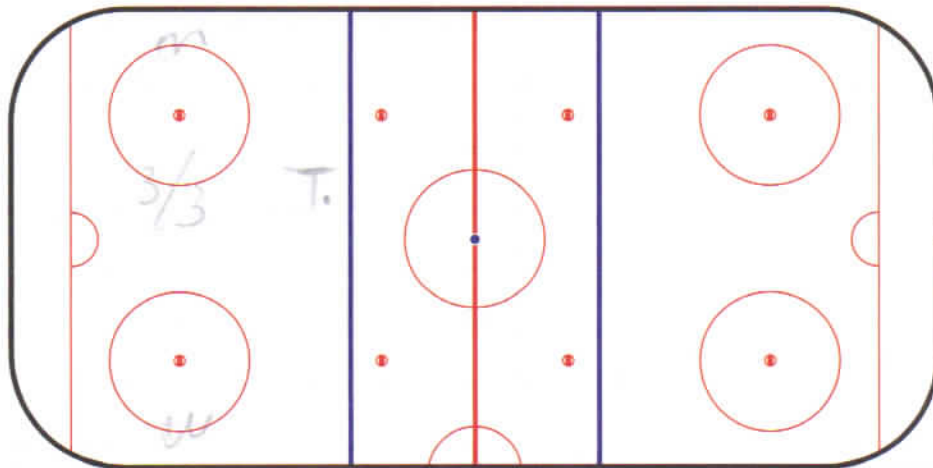
---

---

---

---

---



Spiel 3/3 mit 1/3er 30 Min

---

---

---

---

---

---

---

---



TEAM: U11  
DATUM: 25.8.21  
TRAINER: Jürgen  
Mario

---

---

---

---

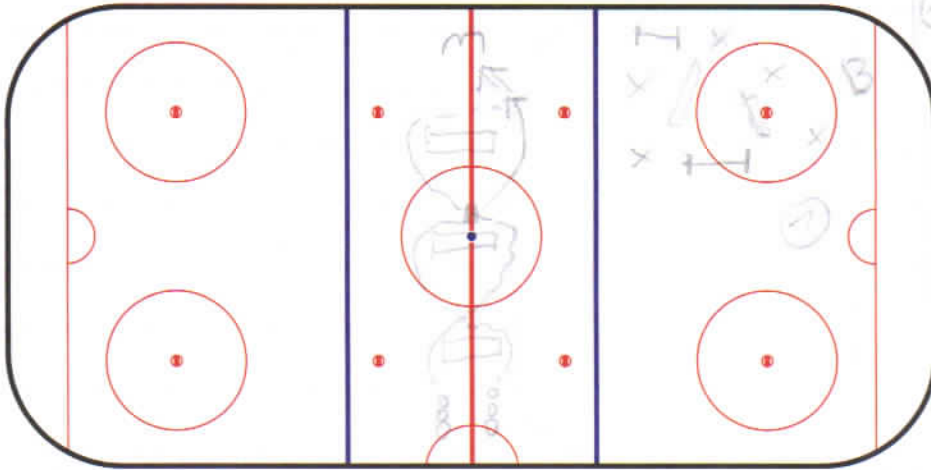
---

---

---

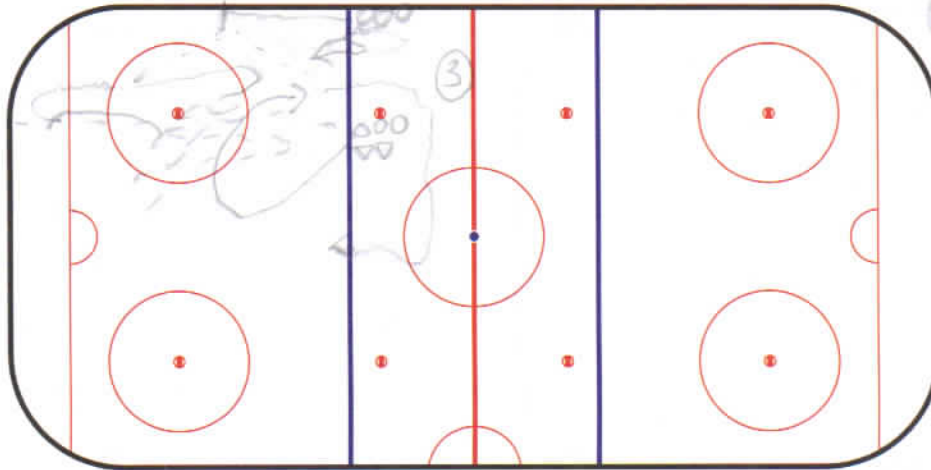
---

# TRAININGSPLAN

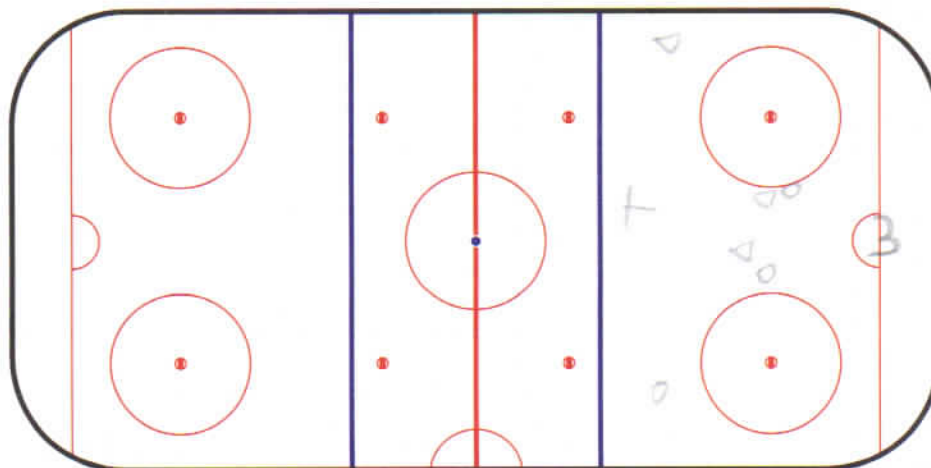


① Aufwärmen  
Schattenlauf durch Hindernis  
mit Scheibe und ohne  
Scheibe

② Scheibenübergabe  
2/0



③ 2/1 mit Aufbaupass



④ Spiel 2/2  
Joker kommt bei  
Puckgewinn  
hinzu

---

---

---

---

---

---

---

---



TEAM: UM  
DATUM: 24.8.21  
TRAINER: Jürgen  
Mario

---

---

---

---

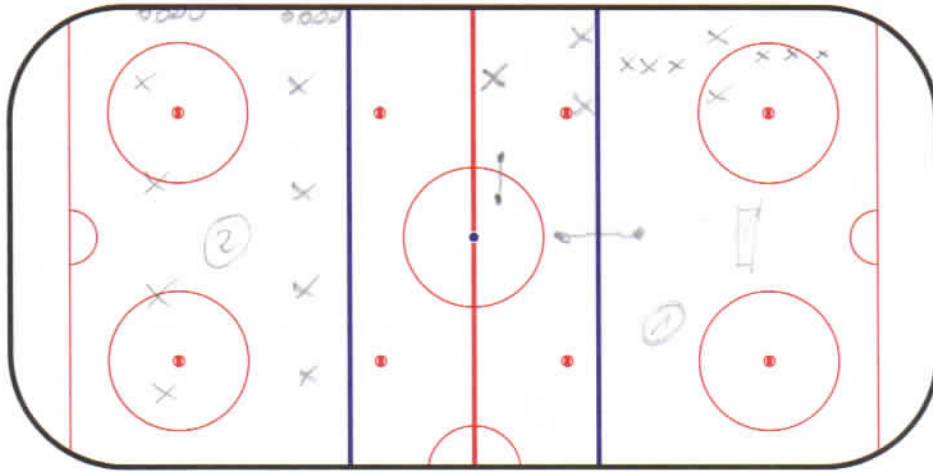
---

---

---

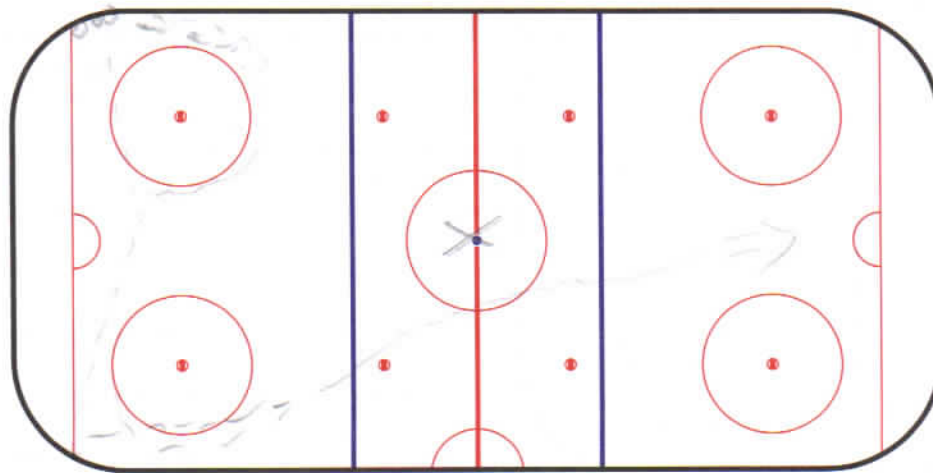
---

# TRAININGSPLAN

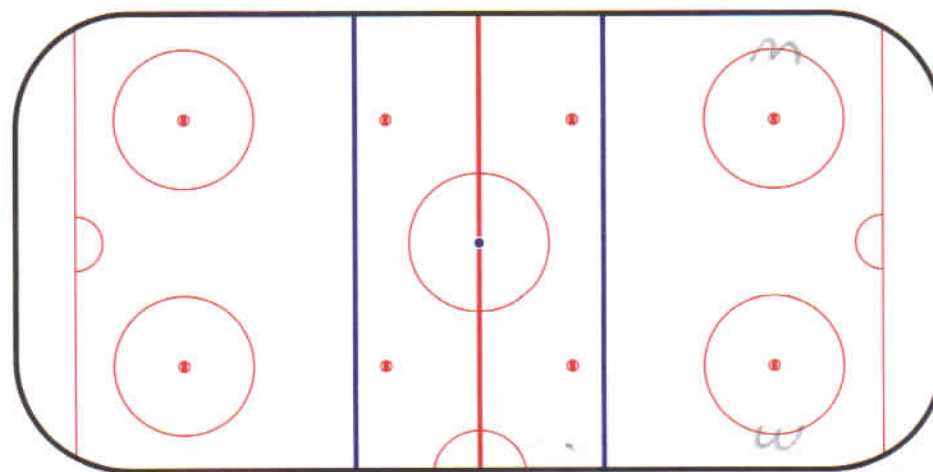


Stationen  
① Stickhandling + Schuss

② Power skating  
mit Scheibe



1/0  
vorwärts, rückwärts  
passen,



Spiel 3/3  
mit Joker

---

---

---

---

---

---

---

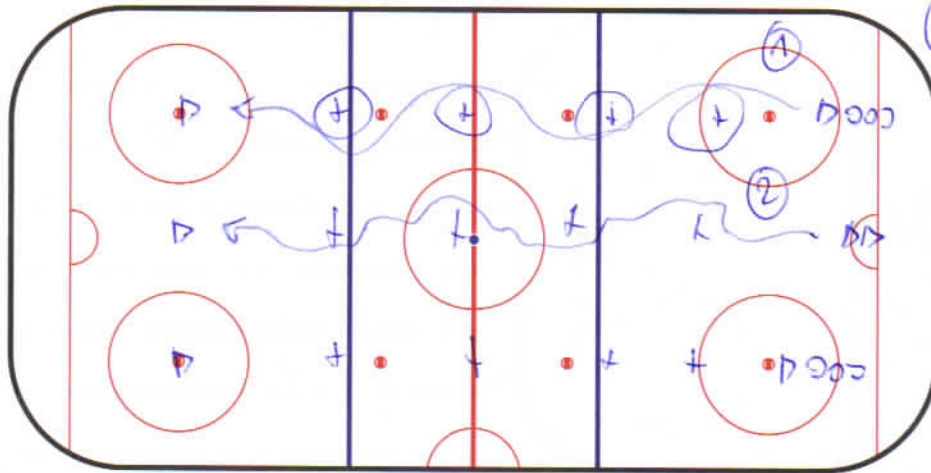
---



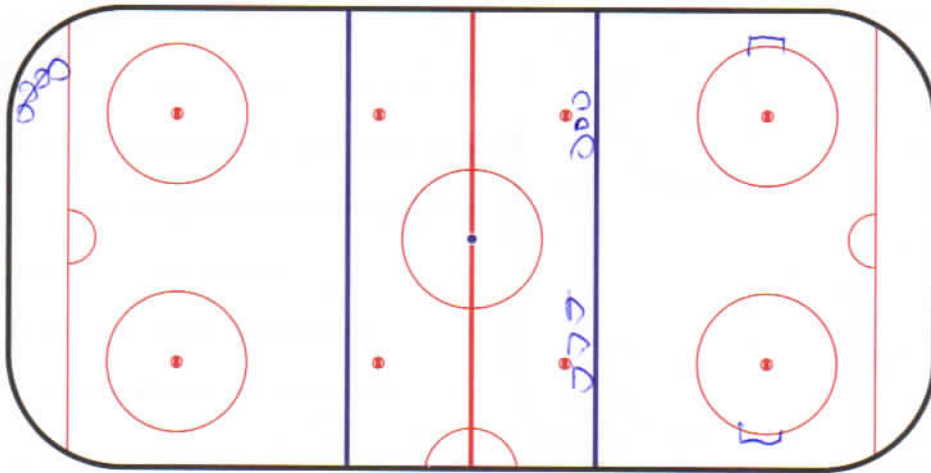
TEAM: U11  
DATUM: 12.8.21  
TRAINER: Martin

① Kurz weit / um den Reifen herum /  
Kurz weit über Reifen / über den Reifen  
(Seite-fahren)  
harte Falce | Pull Move  
Pull & Push

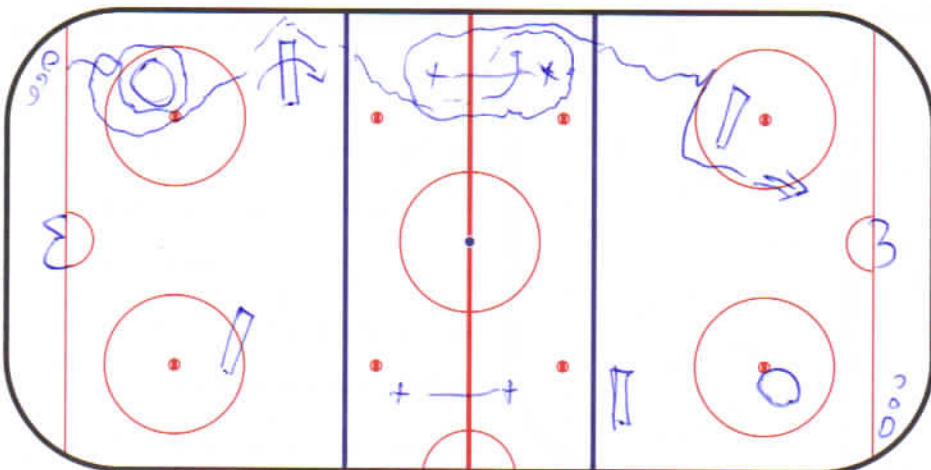
# TRAININGSPLAN



① Staking kanten / übersehen  
10 min  
② Stichehandling basics  
körperhaltung  
10 min



③ Spiel  
2:2 mit Trainer als Joker  
10 min



④ Parcours mit Sprüngen  
10 min  
⑤ Spiel 3:3 mit  
Joker auf beiden  
Seiten  
10 min



TEAM: U11  
DATUM: 16.8.21  
TRAINER: Moritz, Yuri

---

---

---

---

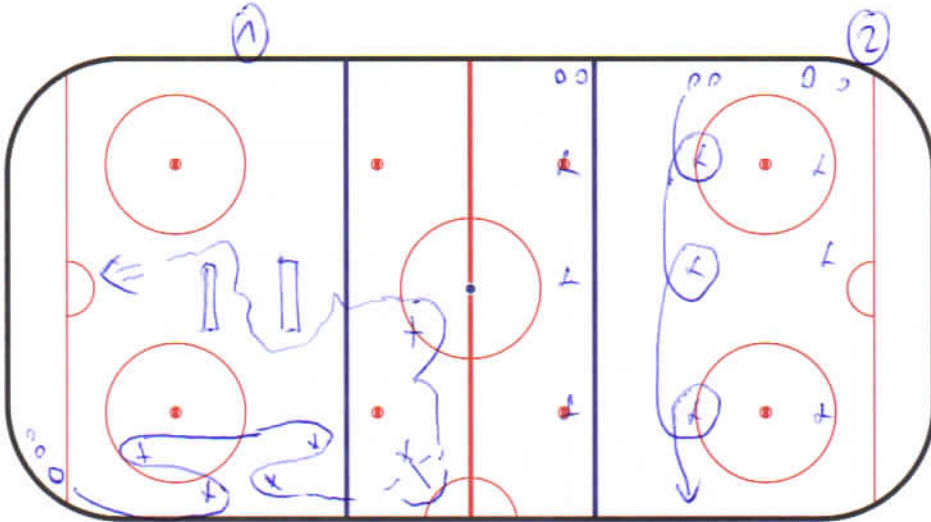
---

---

---

---

# TRAININGSPLAN



① Parcours  
② Skalierung Kanadier  
2x 10min

---

---

---

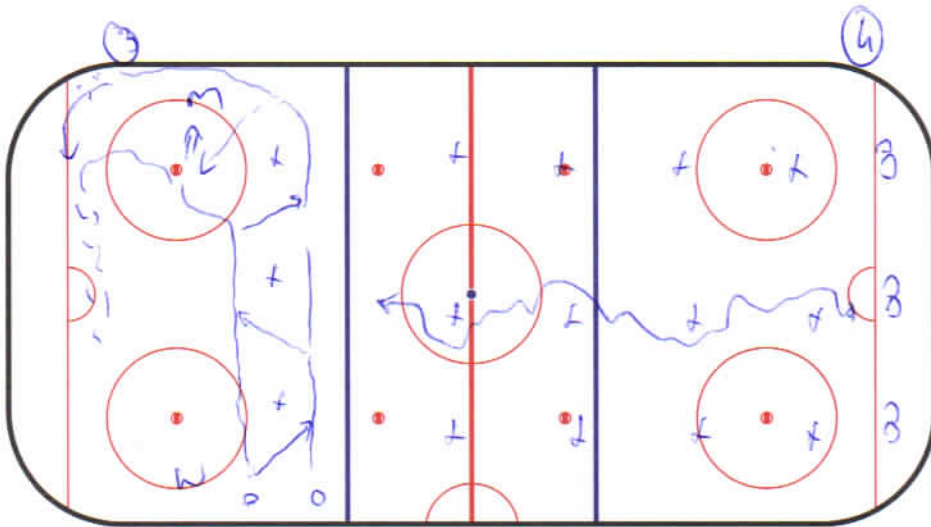
---

---

---

---

---



③ Parcours 2:0, 1:1  
④ Stickhandling  
2x 10min

---

---

---

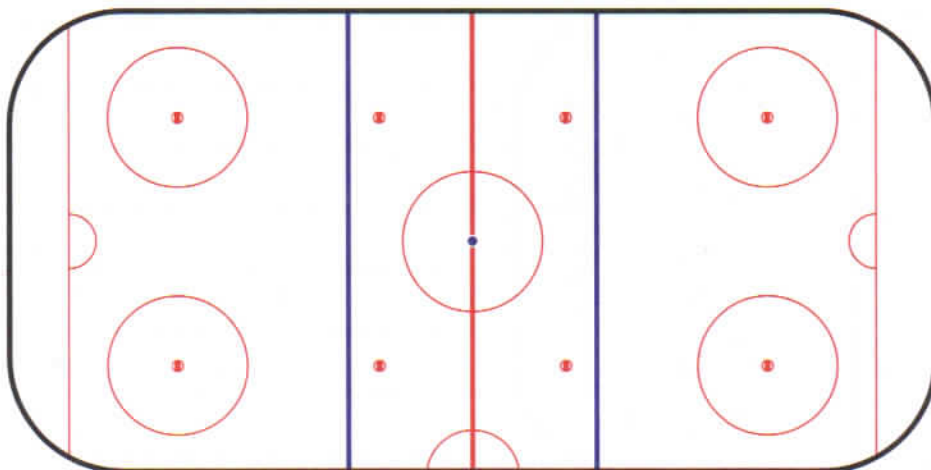
---

---

---

---

---



Spiel 3:3  
15min

---

---

---

---

---

---

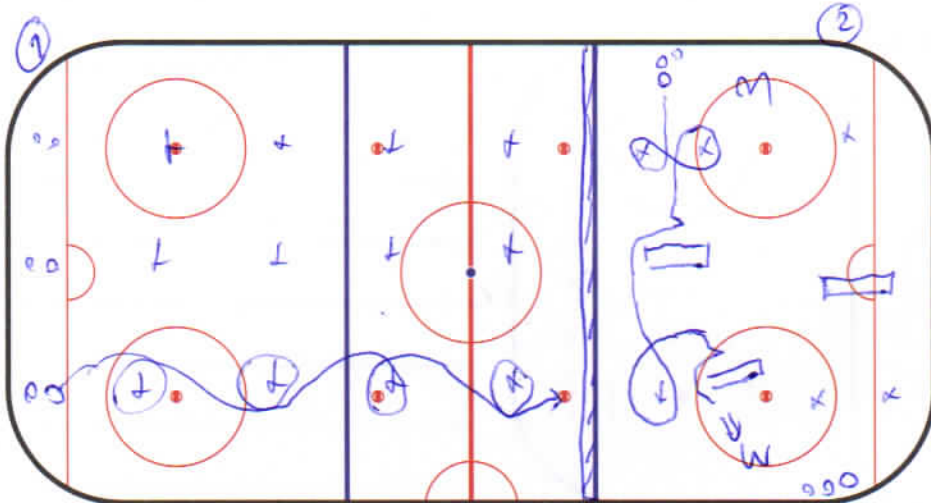
---

---

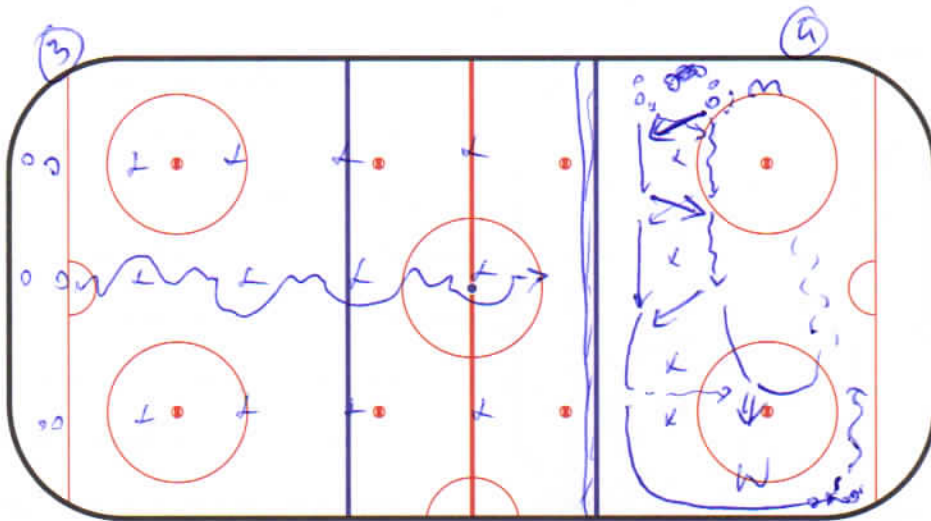


TEAM: *UM*  
DATUM: *8.8.21*  
TRAINER: *Markus, Mario*

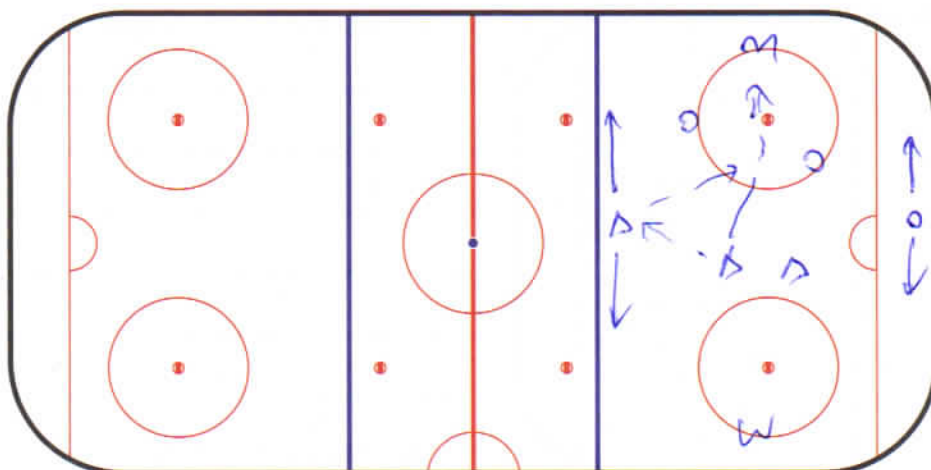
# TRAININGSPLAN



① *Spahing-Knoten*  
② *Parcours / Stichtandlung*  
*2x10min*



③ *Stichtandlung - Fakes*  
④ *2:0 / 1:1*  
*2x10min*



⑤ *Spiel*  
*2:2 mit Joker*